

# STARCHY VEGETABLE COMPLEX CARBOHYDRATES

<b>VEGETABLE NAME</b>	<b>AVERAGE CARBS (PER 100G)</b>	<b>FIBER CONTENT</b>	<b>GLYCEMIC LOAD</b>
<b>Sweet Potato</b>	20g	High	Medium
<b>Butternut Squash</b>	12g	Moderate	Low
<b>Parsnips</b>	18g	High	Medium
<b>Russet Potato</b>	21g	Moderate	High
<b>Green Peas</b>	14g	High	Low
<b>Plantains</b>	32g	Moderate	High
<b>Corn (Maize)</b>	19g	Moderate	Medium
<b>Acorn Squash</b>	10g	High	Low
<b>Taro Root</b>	26g	Very High	Low

<b>VEGETABLE NAME</b>	<b>AVERAGE CARBS (PER 100G)</b>	<b>FIBER CONTENT</b>	<b>GLYCEMIC LOAD</b>
<b>Cassava (Yuca)</b>	38g	Moderate	High