

Basic Report 11709, Asparagus, frozen, cooked, boiled, drained, with salt

Report Date: January 29, 2015 01:20 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup 180g	1 package (10 oz) yields 293g	4.0 spears 60g
Proximates					
Water	g	94.10	169.38	275.71	56.46
Energy	kcal	18	32	53	11
Protein	g	2.95	5.31	8.64	1.77
Total lipid (fat)	g	0.42	0.76	1.23	0.25
Carbohydrate, by difference	g	1.92	3.46	5.63	1.15
Fiber, total dietary	g	1.6	2.9	4.7	1.0
Sugars, total	g	0.32	0.58	0.94	0.19
Minerals					
Calcium, Ca	mg	18	32	53	11
Iron, Fe	mg	0.56	1.01	1.64	0.34
Magnesium, Mg	mg	10	18	29	6
Phosphorus, P	mg	49	88	144	29
Potassium, K	mg	172	310	504	103
Sodium, Na	mg	240	432	703	144
Zinc, Zn	mg	0.41	0.74	1.20	0.25
Vitamins					
Vitamin C, total ascorbic acid	mg	24.4	43.9	71.5	14.6
Thiamin	mg	0.065	0.117	0.190	0.039
Riboflavin	mg	0.103	0.185	0.302	0.062
Niacin	mg	1.038	1.868	3.041	0.623
Vitamin B-6	mg	0.020	0.036	0.059	0.012
Folate, DFE	µg	135	243	396	81
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	40	72	117	24
Vitamin A, IU	IU	806	1451	2362	484
Vitamin E (alpha-tocopherol)	mg	1.20	2.16	3.52	0.72

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	80.0	144.0	234.4	48.0
Lipids					
Fatty acids, total saturated	g	0.096	0.173	0.281	0.058
Fatty acids, total monounsaturated	g	0.013	0.023	0.038	0.008
Fatty acids, total polyunsaturated	g	0.185	0.333	0.542	0.111
Cholesterol	mg	0	0	0	0
Other					
Caffeine	mg	0	0	0	0