

Basic Report 11011, Asparagus, raw
Report Date: December 09, 2018 18:52 EST

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 cup 134g | 1 spear, small (5" long or less) 12g | 1 spear, medium (5-1/4" to 7" long) 16g | 1 spear, large (7-1/4" to 8-1/2") 20g | 1 spear, extra large (8-3/4" to 10" long) 24g | 1 spear tip (2" long or less) 3.5g |
|--------------------------------|------|------------------|------------|--------------------------------------|-----------------------------------------|---------------------------------------|-----------------------------------------------|------------------------------------|
| Proximates | | | | | | | | |
| Water | g | 93.22 | 124.91 | 11.19 | 14.92 | 18.64 | 22.37 | 3.26 |
| Energy | kcal | 20 | 27 | 2 | 3 | 4 | 5 | 1 |
| Protein | g | 2.20 | 2.95 | 0.26 | 0.35 | 0.44 | 0.53 | 0.08 |
| Total lipid (fat) | g | 0.12 | 0.16 | 0.01 | 0.02 | 0.02 | 0.03 | 0.00 |
| Carbohydrate, by difference | g | 3.88 | 5.20 | 0.47 | 0.62 | 0.78 | 0.93 | 0.14 |
| Fiber, total dietary | g | 2.1 | 2.8 | 0.3 | 0.3 | 0.4 | 0.5 | 0.1 |
| Sugars, total | g | 1.88 | 2.52 | 0.23 | 0.30 | 0.38 | 0.45 | 0.07 |
| Minerals | | | | | | | | |
| Calcium, Ca | mg | 24 | 32 | 3 | 4 | 5 | 6 | 1 |
| Iron, Fe | mg | 2.14 | 2.87 | 0.26 | 0.34 | 0.43 | 0.51 | 0.07 |
| Magnesium, Mg | mg | 14 | 19 | 2 | 2 | 3 | 3 | 0 |
| Phosphorus, P | mg | 52 | 70 | 6 | 8 | 10 | 12 | 2 |
| Potassium, K | mg | 202 | 271 | 24 | 32 | 40 | 48 | 7 |
| Sodium, Na | mg | 2 | 3 | 0 | 0 | 0 | 0 | 0 |
| Zinc, Zn | mg | 0.54 | 0.72 | 0.06 | 0.09 | 0.11 | 0.13 | 0.02 |
| Vitamins | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 5.6 | 7.5 | 0.7 | 0.9 | 1.1 | 1.3 | 0.2 |
| Thiamin | mg | 0.143 | 0.192 | 0.017 | 0.023 | 0.029 | 0.034 | 0.005 |
| Riboflavin | mg | 0.141 | 0.189 | 0.017 | 0.023 | 0.028 | 0.034 | 0.005 |
| Niacin | mg | 0.978 | 1.311 | 0.117 | 0.156 | 0.196 | 0.235 | 0.034 |
| Vitamin B-6 | mg | 0.091 | 0.122 | 0.011 | 0.015 | 0.018 | 0.022 | 0.003 |
| Folate, DFE | µg | 52 | 70 | 6 | 8 | 10 | 12 | 2 |
| Vitamin B-12 | µg | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 38 | 51 | 5 | 6 | 8 | 9 | 1 |
| Vitamin A, IU | IU | 756 | 1013 | 91 | 121 | 151 | 181 | 26 |
| Vitamin E (alpha-tocopherol) | mg | 1.13 | 1.51 | 0.14 | 0.18 | 0.23 | 0.27 | 0.04 |

| Nutrient | Unit | 1 Value Per100 g | 1 cup 134g | 1 spear, small (5" long or less) 12g | 1 spear, medium (5-1/4" to 7" long) 16g | 1 spear, large (7-1/4" to 8-1/2") 20g | 1 spear, extra large (8-3/4" to 10" long) 24g | 1 spear tip (2" long or less) 3.5g |
|------------------------------------|------|---------------------|---------------|--------------------------------------------|-----------------------------------------------|---------------------------------------------|-----------------------------------------------------|------------------------------------------|
| Vitamin D (D2 + D3) | µg | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Vitamin D | IU | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Vitamin K (phylloquinone) | µg | 41.6 | 55.7 | 5.0 | 6.7 | 8.3 | 10.0 | 1.5 |
| Lipids | | | | | | | | |
| Fatty acids, total saturated | g | 0.040 | 0.054 | 0.005 | 0.006 | 0.008 | 0.010 | 0.001 |
| Fatty acids, total monounsaturated | g | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 |
| Fatty acids, total polyunsaturated | g | 0.050 | 0.067 | 0.006 | 0.008 | 0.010 | 0.012 | 0.002 |
| Fatty acids, total trans | g | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 |
| Cholesterol | mg | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Amino Acids | | | | | | | | |
| Other | | | | | | | | |
| Caffeine | mg | 0 | 0 | 0 | 0 | 0 | 0 | 0 |