

Full Report (All Nutrients) 11012, Asparagus, cooked, boiled, drained

Report Date: September 15, 2019 20:19 EDT

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor:2.44 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 cup 90g	4.0 spears (1/2" base) 60g
Proximates						
Water 1	g	92.63	4	0.140	83.37	55.58
Energy	kcal	22	--	--	20	13
Energy	kJ	94	--	--	85	56
Protein 1	g	2.40	4	0.120	2.16	1.44
Total lipid (fat) 1	g	0.22	4	0.030	0.20	0.13
Ash 1	g	0.63	4	0.020	0.57	0.38
Carbohydrate, by difference	g	4.11	--	--	3.70	2.47
Fiber, total dietary 1	g	2.0	4	0.085	1.8	1.2
Sugars, total	g	1.30	--	--	1.17	0.78
Sucrose 1	g	0.08	4	0.050	0.07	0.05
Glucose (dextrose) 1	g	0.42	4	0.060	0.38	0.25
Fructose 1	g	0.79	4	0.080	0.71	0.47
Lactose 1	g	0.00	4	0.000	0.00	0.00
Maltose 1	g	0.00	4	0.000	0.00	0.00
Galactose	g	0.00	--	--	0.00	0.00
Starch 1	g	0.00	1	--	0.00	0.00
Minerals						
Calcium, Ca 1	mg	23	4	0.000	21	14
Iron, Fe 1	mg	0.91	4	0.110	0.82	0.55
Magnesium, Mg 1	mg	14	4	0.000	13	8
Phosphorus, P 1	mg	54	4	2.000	49	32
Potassium, K 1	mg	224	4	7.000	202	134

Nutrient	Unit	1			0.5 cup 90g	4.0 spears (1/2" base) 60g
		Value Per100 g	Data points	Std. Error		
Sodium, Na 1	mg	14	4	1.000	13	8
Zinc, Zn 1	mg	0.60	4	0.030	0.54	0.36
Copper, Cu 1	mg	0.165	4	0.028	0.149	0.099
Manganese, Mn 1	mg	0.154	4	0.010	0.139	0.092
Selenium, Se 1	µg	6.1	2	--	5.5	3.7
Fluoride, F 2 3	µg	21.9	13	17.900	19.7	13.1
Vitamins						
Vitamin C, total ascorbic acid 1	mg	7.7	4	0.700	6.9	4.6
Thiamin 1	mg	0.162	4	0.012	0.146	0.097
Riboflavin 1	mg	0.139	4	0.007	0.125	0.083
Niacin 1	mg	1.084	4	0.047	0.976	0.650
Pantothenic acid 1	mg	0.225	4	0.020	0.203	0.135
Vitamin B-6 1	mg	0.079	4	0.011	0.071	0.047
Folate, total 1	µg	149	4	8.000	134	89
Folic acid	µg	0	--	--	0	0
Folate, food	µg	149	4	8.000	134	89
Folate, DFE	µg	149	--	--	134	89
Choline, total 1	mg	26.1	--	--	23.5	15.7
Betaine 1	mg	0.9	1	--	0.8	0.5
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	50	--	--	45	30
Retinol	µg	0	--	--	0	0
Carotene, beta 1	µg	604	4	60.000	544	362
Carotene, alpha 1	µg	0	4	0.000	0	0
Cryptoxanthin, beta 1	µg	0	4	0.000	0	0
Vitamin A, IU	IU	1006	--	--	905	604
Lycopene 1	µg	30	4	2.000	27	18
Lutein + zeaxanthin	µg	771	4	78.000	694	463
Vitamin E (alpha-tocopherol)	mg	1.50	--	--	1.35	0.90
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Tocopherol, beta	mg	0.02	--	--	0.02	0.01

Nutrient	Unit	1	Data points	Std. Error	0.5 cup 90g	4.0 spears (1/2" base) 60g
		Value Per100 g				
Tocopherol, gamma	mg	0.21	--	--	0.19	0.13
Tocopherol, delta	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone) 1	µg	50.6	4	4.300	45.5	30.4
Lipids						
Fatty acids, total saturated	g	0.048	--	--	0.043	0.029
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0 1	g	0.000	1	--	0.000	0.000
10:0 1	g	0.000	1	--	0.000	0.000
12:0 1	g	0.000	1	--	0.000	0.000
14:0 1	g	0.000	1	--	0.000	0.000
15:0 1	g	0.000	1	--	0.000	0.000
16:0 1	g	0.048	1	--	0.043	0.029
17:0 1	g	0.000	1	--	0.000	0.000
18:0 1	g	0.000	1	--	0.000	0.000
20:0 1	g	0.000	1	--	0.000	0.000
22:0 1	g	0.000	1	--	0.000	0.000
24:0 1	g	0.000	1	--	0.000	0.000
Fatty acids, total monounsaturated	g	0.000	--	--	0.000	0.000
14:1 1	g	0.000	1	--	0.000	0.000
15:1 1	g	0.000	1	--	0.000	0.000
16:1 undifferentiated 1	g	0.000	1	--	0.000	0.000
17:1 1	g	0.000	1	--	0.000	0.000
18:1 undifferentiated 1	g	0.000	1	--	0.000	0.000
20:1 1	g	0.000	1	--	0.000	0.000
22:1 undifferentiated 1	g	0.000	1	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.105	--	--	0.094	0.063
18:2 undifferentiated 1	g	0.076	1	--	0.068	0.046
18:3 undifferentiated 1	g	0.029	1	--	0.026	0.017
18:4 1	g	0.000	1	--	0.000	0.000

Nutrient	Unit	1	Data points	Std. Error	0.5 cup 90g	4.0 spears (1/2" base) 60g
		Value Per100 g				
20:2 n-6 c,c 1	g	0.000	1	--	0.000	0.000
20:3 undifferentiated 1	g	0.000	1	--	0.000	0.000
20:4 undifferentiated 1	g	0.000	1	--	0.000	0.000
20:5 n-3 (EPA) 1	g	0.000	1	--	0.000	0.000
22:5 n-3 (DPA) 1	g	0.000	1	--	0.000	0.000
22:6 n-3 (DHA) 1	g	0.000	1	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan 1	g	0.029	--	--	0.026	0.017
Threonine 1	g	0.092	--	--	0.083	0.055
Isoleucine 1	g	0.082	--	--	0.074	0.049
Leucine 1	g	0.140	--	--	0.126	0.084
Lysine 1	g	0.113	--	--	0.102	0.068
Methionine 1	g	0.034	--	--	0.031	0.020
Cystine 1	g	0.034	--	--	0.031	0.020
Phenylalanine 1	g	0.082	--	--	0.074	0.049
Tyrosine 1	g	0.057	--	--	0.051	0.034
Valine 1	g	0.125	--	--	0.113	0.075
Arginine 1	g	0.099	--	--	0.089	0.059
Histidine 1	g	0.053	--	--	0.048	0.032
Alanine 1	g	0.125	--	--	0.113	0.075
Aspartic acid 1	g	0.555	--	--	0.500	0.333
Glutamic acid 1	g	0.255	--	--	0.229	0.153
Glycine 1	g	0.101	--	--	0.091	0.061
Proline 1	g	0.077	--	--	0.069	0.046
Serine 1	g	0.116	--	--	0.104	0.070
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Flavonoids

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 cup 90g	4.0 spears (1/2" base) 60g
Flavonols						
Quercetin 4 5	mg	15.2	8	2.42	13.6	9.1
Isoflavones						
Daidzein 7	mg	0.00	1	--	0.00	0.00
Genistein 7	mg	0.00	1	--	0.00	0.00
Total isoflavones 7	mg	0.00	1	--	0.00	0.00
Proanthocyanidin						
Proanthocyanidin dimers 6	mg	0.0	1	--	0.0	0.0
Proanthocyanidin trimers 6	mg	0.0	1	--	0.0	0.0
Proanthocyanidin 4-6mers 6	mg	0.0	1	--	0.0	0.0
Proanthocyanidin 7-10mers 6	mg	0.0	1	--	0.0	0.0
Proanthocyanidin polymers (>10mers) 6	mg	0.0	1	--	0.0	0.0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6h, 2002 Beltsville MD

²Donald Taves **Dietary Intake of Fluoride Ashed (total fluoride) v. Unashed (inorganic fluoride) Analysis of Individual Foods**, 1983 British Journal of Nutrition 49 pp.295-301

³Robert Ophaug **Fluoride, Unpublished - Ophaug**, Microdiffision

⁴Fanasca, S., Rouphael, Y., Venneria, E., Azzini, E., Duazzo, A., and Maiani, G. **Antioxidant properties of raw and cooked spears of green asparagus cultivars.**, 2009 Int. J. Food Sci. Technol. 44 pp.1017-1023

⁵Makris, D.P. and Rossiter, J.T. **Domestic processing of onion bulbs (Allium cepa) and asparagus spears (Asparagus officinalis): Effect on flavonol content and antioxidant status**, 2001 J. Agric. Food Chem. 49 7 pp.3216-3222

⁶Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. **Screening foods containing proanthocyanidins and their structural characterization using LC-MS/MS and thiolytic degradation**, 2003 J. Agric. Food Chem. 51 pp.7513-7521

⁷Liggins, J., Bluck, L. J. C., Runswick, C., Atkinson, C., Coward, W. A., and Bingham, S. A. **Daidzein and genistein content of vegetables.**, 2000 Brit. J. Nutr. 84 pp.717-725

Langual Code(s)

- A0152 VEGETABLE OR VEGETABLE PRODUCT (US CFR)
- A1281 1100 VEGETABLES AND VEGETABLE PRODUCTS (USDA SR)
- B1415 ASPARAGUS
- C0186 SPEAR OR SHOOT
- E0151 SOLID
- F0014 FULLY HEAT-TREATED
- G0015 BOILED AND DRAINED
- H0001 TREATMENT APPLIED NOT KNOWN
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- P0078 NO SALT ADDED CLAIM OR USE