

Basic Report 11458, Spinach, cooked, boiled, drained, without salt

Report Date: July 15, 2019 20:11 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 180g
Proximates			
Water	g	91.21	164.18
Energy	kcal	23	41
Protein	g	2.97	5.35
Total lipid (fat)	g	0.26	0.47
Carbohydrate, by difference	g	3.75	6.75
Fiber, total dietary	g	2.4	4.3
Sugars, total	g	0.43	0.77
Minerals			
Calcium, Ca	mg	136	245
Iron, Fe	mg	3.57	6.43
Magnesium, Mg	mg	87	157
Phosphorus, P	mg	56	101
Potassium, K	mg	466	839
Sodium, Na	mg	70	126
Zinc, Zn	mg	0.76	1.37
Vitamins			
Vitamin C, total ascorbic acid	mg	9.8	17.6
Thiamin	mg	0.095	0.171
Riboflavin	mg	0.236	0.425
Niacin	mg	0.490	0.882
Vitamin B-6	mg	0.242	0.436
Folate, DFE	µg	146	263
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	524	943
Vitamin A, IU	IU	10481	18866
Vitamin E (alpha-tocopherol)	mg	2.08	3.74

Nutrient	Unit	1 Value Per100 g	1 cup 180g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	493.6	888.5
Lipids			
Fatty acids, total saturated	g	0.043	0.077
Fatty acids, total monounsaturated	g	0.006	0.011
Fatty acids, total polyunsaturated	g	0.109	0.196
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0