

**Basic Report 11709, Asparagus, frozen, cooked, boiled, drained, with salt**
**Report Date: July 16, 2019 06:30 EDT**

Nutrient values and weights are for edible portion.

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 180g</b>	<b>1 package (10 oz) yields 293g</b>	<b>4.0 spears 60g</b>
<b>Proximates</b>					
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
<b>Minerals</b>					
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
<b>Vitamins</b>					
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
<b>Lipids</b>					
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
Fatty acids, total trans	g	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0