

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

Report Date: June 18, 2019 12:52 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.5 cup 90g
Proximates			
Water	g	91.21	82.09
Energy	kcal	23	21
Protein	g	2.97	2.67
Total lipid (fat)	g	0.26	0.23
Carbohydrate, by difference	g	3.75	3.38
Fiber, total dietary	g	2.4	2.2
Sugars, total	g	0.43	0.39
Minerals			
Calcium, Ca	mg	136	122
Iron, Fe	mg	3.57	3.21
Magnesium, Mg	mg	87	78
Phosphorus, P	mg	56	50
Potassium, K	mg	466	419
Sodium, Na	mg	70	63
Zinc, Zn	mg	0.76	0.68
Vitamins			
Vitamin C, total ascorbic acid	mg	9.8	8.8
Thiamin	mg	0.095	0.086
Riboflavin	mg	0.236	0.212
Niacin	mg	0.490	0.441
Vitamin B-6	mg	0.242	0.218
Folate, DFE	µg	146	131
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	524	472
Vitamin A, IU	IU	10481	9433
Vitamin E (alpha-tocopherol)	mg	2.08	1.87

Nutrient	Unit	1 Value Per100 g	0.5 cup 90g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	493.6	444.2
Lipids			
Fatty acids, total saturated	g	0.043	0.039
Fatty acids, total monounsaturated	g	0.006	0.005
Fatty acids, total polyunsaturated	g	0.109	0.098
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0