

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

Report Date: June 19, 2019 15:20 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 |

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|------------------------------------|-------------|---------------------------------|-----------------------|
| 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 |