National Nutrient Database for Standard Reference
Release 1 April, 2018

Full Report (All Nutrients) 11458, Spinach, cooked, boiled, drained, without salt

Report Date: July 22, 2019 21:02 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	1 cup 180g
Proximates					
Water	g	91.21	19	0.220	164.18
Energy	kcal	23	--	--	41
Energy	kJ	96	--	--	173
Protein	g	2.97	16	0.150	5.35
Total lipid (fat)	g	0.26	16	0.040	0.47
Ash	g	1.81	16	0.090	3.26
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	12	3.000	245
Iron, Fe	mg	3.57	12	0.990	6.43
Magnesium, Mg	mg	87	12	4.000	157
Phosphorus, P	mg	56	12	2.000	101
Potassium, K	mg	466	12	18.000	839
Sodium, Na	mg	70	8	4.000	126
Zinc, Zn	mg	0.76	16	0.040	1.37
Copper, Cu	mg	0.174	16	0.012	0.313
Manganese, Mn	mg	0.935	15	0.061	1.683
Selenium, Se	µg	1.5	5	0.300	2.7
Fluoride, F [1] [2]	µg	37.8	20	16.200	68.0
Vitamins					

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 180g
Vitamin C, total ascorbic acid	mg	9.8	12	1.500	17.6
Thiamin	mg	0.095	12	0.004	0.171
Riboflavin	mg	0.236	12	0.007	0.425
Niacin	mg	0.490	12	0.032	0.882
Pantothenic acid	mg	0.145	12	0.008	0.261
Vitamin B-6	mg	0.242	12	0.006	0.436
Folate, total	µg	146	3	13.000	263
Folic acid	µg	0	--	--	0
Folate, food	µg	146	3	13.000	263
Folate, DFE	µg	146	--	--	263
Choline, total	mg	19.7	--	--	35.5
Betaine	mg	89.0	--	--	160.2
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	524	--	--	943
Retinol	µg	0	--	--	0
Carotene, beta [3] [4]	µg	6288	28	1002.000	11318
Carotene, alpha [4]	µg	0	4	0.000	0
Cryptoxanthin, beta [4]	µg	0	4	0.000	0
Vitamin A, IU	IU	10481	--	--	18866
Lycopene [4]	µg	0	4	0.000	0
Lutein + zeaxanthin [4]	µg	11308	24	2650.000	20354
Vitamin E (alpha-tocopherol)	mg	2.08	--	--	3.74
Vitamin E, added	mg	0.00	--	--	0.00
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
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 180g
12:0	g	0.000	--	--	0.000
14:0	g	0.006	--	--	0.011
16:0	g	0.033	--	--	0.059
18:0	g	0.003	--	--	0.005
Fatty acids, total monounsaturated	g	0.006	--	--	0.011
16:1 undifferentiated	g	0.003	--	--	0.005
18:1 undifferentiated	g	0.003	--	--	0.005
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.109	--	--	0.196
18:2 undifferentiated	g	0.017	--	--	0.031
18:3 undifferentiated	g	0.092	--	--	0.166
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.040	--	--	0.072
Threonine	g	0.127	--	--	0.229
Isoleucine	g	0.152	--	--	0.274
Leucine	g	0.231	--	--	0.416
Lysine	g	0.182	--	--	0.328
Methionine	g	0.055	--	--	0.099
Cystine	g	0.035	--	--	0.063
Phenylalanine	g	0.134	--	--	0.241
Tyrosine	g	0.113	--	--	0.203
Valine	g	0.168	--	--	0.302
Arginine	g	0.168	--	--	0.302
Histidine	g	0.066	--	--	0.119
Alanine	g	0.147	--	--	0.265

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 180g
Aspartic acid	g	0.250	--	--	0.450
Glutamic acid	g	0.357	--	--	0.643
Glycine	g	0.140	--	--	0.252
Proline	g	0.116	--	--	0.209
Serine	g	0.107	--	--	0.193
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0
Flavonoids					
Isoflavones					
Daidzein [5] [6]	mg	0.00	2	--	0.00
Genistein [5] [6]	mg	0.00	2	--	0.00
Glycitein [6]	mg	0.00	1	--	0.00
Total isoflavones [5] [6]	mg	0.00	2	--	0.00
Formononetin	mg	0.00	1	--	0.00
Coumestrol	mg	0.00	1	--	0.00

Sources of Data

[1] *Donald 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

[2] *Robert Ophaug* **Fluoride, Unpublished - Ophaug,** Microdiffision

[3] *J P Sweeney, A C Marsh* **Effect of processing on provitamin A in vegetables,** 1971 J Am Diet Assoc 59 pp.238-243

[4] *F Khachik, M B Goli, G R Beecher, J Holden, W R Lusby, M D Tenoro, M R Barrera* **Effect of food preparation on qualitative and quantitative distribution of major carotenoid constituents of tomatoes and several green vegetables.,** 1992 J. Agric Food Chem 40 pp.390-398

[5] *Liggins, 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

[6] *Thompson, L. U., Boucher, B. A., Liu, Z., Cotterchio, M., and Kreiger, N.* **Phytoestrogen content of foods consumed in Canada, including isoflavones, lignans, and coumestan.,** 2006 Nutr. Cancer 54 pp.184-201

Langual Code(s)

- A0152 VEGETABLE OR VEGETABLE PRODUCT (US CFR)
- A1281 1100 VEGETABLES AND VEGETABLE PRODUCTS (USDA SR)
- B1420 SPINACH
- C0200 LEAF
- 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