

Basic Report 11705, Asparagus, cooked, boiled, drained, with salt

Report Date: September 18, 2019 20:03 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.5 cup 90g	4.0 spears (1/2" base) 60g
Proximates				
Water	g	92.63	83.37	55.58
Energy	kcal	22	20	13
Protein	g	2.40	2.16	1.44
Total lipid (fat)	g	0.22	0.20	0.13
Carbohydrate, by difference	g	4.11	3.70	2.47
Fiber, total dietary	g	2.0	1.8	1.2
Sugars, total	g	1.30	1.17	0.78
Minerals				
Calcium, Ca	mg	23	21	14
Iron, Fe	mg	0.91	0.82	0.55
Magnesium, Mg	mg	14	13	8
Phosphorus, P	mg	54	49	32
Potassium, K	mg	224	202	134
Sodium, Na	mg	240	216	144
Zinc, Zn	mg	0.60	0.54	0.36
Vitamins				
Vitamin C, total ascorbic acid	mg	7.7	6.9	4.6
Thiamin	mg	0.162	0.146	0.097
Riboflavin	mg	0.139	0.125	0.083
Niacin	mg	1.084	0.976	0.650
Vitamin B-6	mg	0.079	0.071	0.047
Folate, DFE	µg	149	134	89
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	50	45	30
Vitamin A, IU	IU	1006	905	604
Vitamin E (alpha-tocopherol)	mg	1.50	1.35	0.90

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	50.6	45.5	30.4
Lipids				
Fatty acids, total saturated	g	0.048	0.043	0.029
Fatty acids, total monounsaturated	g	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.105	0.094	0.063
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0