

Basic Report 11457, Spinach, raw

Report Date: November 19, 2017 16:40 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 30g	1 bunch 340g	1 leaf 10g	1 package (10 oz) 284g
Proximates						
Water	g	91.40	27.42	310.76	9.14	259.58
Energy	kcal	23	7	78	2	65
Protein	g	2.86	0.86	9.72	0.29	8.12
Total lipid (fat)	g	0.39	0.12	1.33	0.04	1.11
Carbohydrate, by difference	g	3.63	1.09	12.34	0.36	10.31
Fiber, total dietary	g	2.2	0.7	7.5	0.2	6.2
Sugars, total	g	0.42	0.13	1.43	0.04	1.19
Minerals						
Calcium, Ca	mg	99	30	337	10	281
Iron, Fe	mg	2.71	0.81	9.21	0.27	7.70
Magnesium, Mg	mg	79	24	269	8	224
Phosphorus, P	mg	49	15	167	5	139
Potassium, K	mg	558	167	1897	56	1585
Sodium, Na	mg	79	24	269	8	224
Zinc, Zn	mg	0.53	0.16	1.80	0.05	1.51
Vitamins						
Vitamin C, total ascorbic acid	mg	28.1	8.4	95.5	2.8	79.8
Thiamin	mg	0.078	0.023	0.265	0.008	0.222
Riboflavin	mg	0.189	0.057	0.643	0.019	0.537
Niacin	mg	0.724	0.217	2.462	0.072	2.056
Vitamin B-6	mg	0.195	0.059	0.663	0.020	0.554
Folate, DFE	µg	194	58	660	19	551
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	469	141	1595	47	1332
Vitamin A, IU	IU	9377	2813	31882	938	26631
Vitamin E (alpha-tocopherol)	mg	2.03	0.61	6.90	0.20	5.77

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0
Vitamin K (phylloquinone)	µg	482.9	144.9	1641.9	48.3	1371.4
Lipids						
Fatty acids, total saturated	g	0.063	0.019	0.214	0.006	0.179
Fatty acids, total monounsaturated	g	0.010	0.003	0.034	0.001	0.028
Fatty acids, total polyunsaturated	g	0.165	0.050	0.561	0.017	0.469
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Amino Acids						
Other						
Caffeine	mg	0	0	0	0	0