

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

Report Date: August 18, 2019 03:15 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 180g
<b>Proximates</b>			
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
<b>Minerals</b>			
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
<b>Vitamins</b>			
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

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 180g</b>
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	493.6	888.5
<b>Lipids</b>			
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
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0