

Basic Report 11461, Spinach, canned, regular pack, drained solids

Report Date: July 23, 2019 18:23 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 cup 214g |
|--------------------------------|------|------------------------|---------------|
| Proximates | | | |
| Water | g | 91.78 | 196.41 |
| Energy | kcal | 23 | 49 |
| Protein | g | 2.81 | 6.01 |
| Total lipid (fat) | g | 0.50 | 1.07 |
| Carbohydrate, by difference | g | 3.40 | 7.28 |
| Fiber, total dietary | g | 2.4 | 5.1 |
| Sugars, total | g | 0.40 | 0.86 |
| Minerals | | | |
| Calcium, Ca | mg | 127 | 272 |
| Iron, Fe | mg | 2.30 | 4.92 |
| Magnesium, Mg | mg | 76 | 163 |
| Phosphorus, P | mg | 44 | 94 |
| Potassium, K | mg | 346 | 740 |
| Sodium, Na | mg | 322 | 689 |
| Zinc, Zn | mg | 0.46 | 0.98 |
| Vitamins | | | |
| Vitamin C, total ascorbic acid | mg | 14.3 | 30.6 |
| Thiamin | mg | 0.016 | 0.034 |
| Riboflavin | mg | 0.138 | 0.295 |
| Niacin | mg | 0.388 | 0.830 |
| Vitamin B-6 | mg | 0.100 | 0.214 |
| Folate, DFE | µg | 98 | 210 |
| Vitamin B-12 | µg | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 490 | 1049 |
| Vitamin A, IU | IU | 9801 | 20974 |
| Vitamin E (alpha-tocopherol) | mg | 1.94 | 4.15 |

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|------------------------------------|-------------|---------------------------------|-----------------------|
| Vitamin D (D2 + D3) | µg | 0.0 | 0.0 |
| Vitamin D | IU | 0 | 0 |
| Vitamin K (phylloquinone) | µg | 461.6 | 987.8 |
| Lipids | | | |
| Fatty acids, total saturated | g | 0.081 | 0.173 |
| Fatty acids, total monounsaturated | g | 0.013 | 0.028 |
| Fatty acids, total polyunsaturated | g | 0.211 | 0.452 |
| Fatty acids, total trans | g | 0.000 | 0.000 |
| Cholesterol | mg | 0 | 0 |
| Amino Acids | | | |
| Other | | | |
| Caffeine | mg | 0 | 0 |