

USDA National Nutrient Database for Standard Reference
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Basic Report 11011, Asparagus, raw

Report Date: June 06, 2016 09:18 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 134g	1 spear, small (5" long or less) 12g	1 spear, medium (5-1/4" to 7" long) 16g	1 spear, large (7-1/4" to 8-1/2") 20g	1 spear, extra large (8-3/4" to 10" long) 24g	1 spear tip (2" long or less) 3,5g
Proximates								
Water	g	93.22	124.91	11.19	14.92	18.64	22.37	3.26
Energy	kcal	20	27	2	3	4	5	1
Protein	g	2.20	2.95	0.26	0.35	0.44	0.53	0.08
Total lipid (fat)	g	0.12	0.16	0.01	0.02	0.02	0.03	0.00
Carbohydrate, by difference	g	3.88	5.20	0.47	0.62	0.78	0.93	0.14
Fiber, total dietary	g	2.1	2.8	0.3	0.3	0.4	0.5	0.1
Sugars, total	g	1.88	2.52	0.23	0.30	0.38	0.45	0.07
Minerals								
Calcium, Ca	mg	24	32	3	4	5	6	1
Iron, Fe	mg	2.14	2.87	0.26	0.34	0.43	0.51	0.07
Magnesium, Mg	mg	14	19	2	2	3	3	0
Phosphorus, P	mg	52	70	6	8	10	12	2
Potassium, K	mg	202	271	24	32	40	48	7
Sodium, Na	mg	2	3	0	0	0	0	0
Zinc, Zn	mg	0.54	0.72	0.06	0.09	0.11	0.13	0.02
Vitamins								
Vitamin C, total ascorbic acid	mg	5.6	7.5	0.7	0.9	1.1	1.3	0.2
Thiamin	mg	0.143	0.192	0.017	0.023	0.029	0.034	0.005
Riboflavin	mg	0.141	0.189	0.017	0.023	0.028	0.034	0.005
Niacin	mg	0.978	1.311	0.117	0.156	0.196	0.235	0.034
Vitamin B-6	mg	0.091	0.122	0.011	0.015	0.018	0.022	0.003
Folate, DFE	µg	52	70	6	8	10	12	2
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	38	51	5	6	8	9	1
Vitamin A, IU	IU	756	1013	91	121	151	181	26

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Vitamin E (alpha-tocopherol)	mg	1.13	1.51	0.14	0.18	0.23	0.27	0.04
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	41.6	55.7	5.0	6.7	8.3	10.0	1.5
Lipids								
Fatty acids, total saturated	g	0.040	0.054	0.005	0.006	0.008	0.010	0.001
Fatty acids, total monounsaturated	g	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.050	0.067	0.006	0.008	0.010	0.012	0.002
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0	0	0
Amino Acids								
Other								
Caffeine	mg	0	0	0	0	0	0	0