

## Asparagus, raw

Portion: 100g

Name	Amount	Unit
Water	93.22	g
Energy	20	kcal
Protein	2.2	g
Total lipid (fat)	0.12	g
Carbohydrate, by difference	3.88	g
Fiber, total dietary	2.1	g
Sugars, total including NLEA	1.88	g
Calcium, Ca	24	mg
Iron, Fe	2.14	mg
Magnesium, Mg	14	mg
Phosphorus, P	52	mg
Potassium, K	202	mg
Sodium, Na	2	mg
Zinc, Zn	0.54	mg
Copper, Cu	0.189	mg
Selenium, Se	2.3	µg
Vitamin C, total ascorbic acid	5.6	mg
Thiamin	0.143	mg
Riboflavin	0.141	mg
Niacin	0.978	mg
Vitamin B-6	0.091	mg
Folate, total	52	µg
Folic acid	0	µg
Folate, food	52	µg
Folate, DFE	52	µg
Choline, total	16	mg
Vitamin B-12	0	µg
Vitamin B-12, added	0	µg
Vitamin A, RAE	38	µg
Retinol	0	µg
Carotene, beta	449	µg
Carotene, alpha	9	µg
Cryptoxanthin, beta	0	µg
Lycopene	0	µg
Lutein + zeaxanthin	710	µg
Vitamin E (alpha-tocopherol)	1.13	mg
Vitamin E, added	0	mg
Vitamin D (D2 + D3)	0	µg
Vitamin K (phylloquinone)	41.6	µg

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<b>Name</b>	<b>Amount</b>	<b>Unit</b>
Fatty acids, total saturated	0.04	g
Fatty acids, total monounsaturated	0	g
Fatty acids, total polyunsaturated	0.05	g
20:5 n-3 (EPA)	0	g
22:5 n-3 (DPA)	0	g
22:6 n-3 (DHA)	0	g
Cholesterol	0	mg
Alcohol, ethyl	0	g
Caffeine	0	mg
Theobromine	0	mg

"Asparagus, raw." *FoodData Central*, 1 Apr. 2019, *U.S.D.A, Agricultural Research Service*, [fdc.nal.usda.gov/index.html](http://fdc.nal.usda.gov/index.html). Accessed 29 Jan. 2019.