

# Spinach

## Nutrition Facts

Serving Size: 1 cup fresh spinach (30g)	
Calories 6	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 24mg	1%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	2%
Sugars 0g	
Protein 1g	
Vitamin A 56%	Calcium 3%
Vitamin C 14%	Iron 4%

Other nutrients: Vitamin K (181%), Folate (15%)

Source: [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/)  
NDB No: 11457

# Spinach

## Nutrition Facts

Serving Size: ½ cup cooked spinach  
(90g)

Calories 21

Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 63mg 3%

Total Carbohydrate 3g 1%

Dietary Fiber 2g 9%

Sugars 0g

Protein 3g

Vitamin A 189%

Calcium 12%

Vitamin C 15%

Iron 18%

Other nutrients: Vitamin K (555%), Folate (33%), Magnesium (20%), Potassium (12%), Riboflavin (12%), Vitamin B6 (11%), Thiamin (6%), Protein (5%)

Source: [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/)  
NDB No: 11458

# Spinach

## Nutrition Facts

Serving Size: ½ cup frozen spinach,  
cooked (95g)

Calories 32                      Calories from Fat 1

% Daily Value

Total Fat 1g                      1%

Saturated Fat 0g                      0%

Trans Fat 0g

Cholesterol 0mg                      0%

Sodium 92mg                      4%

Total Carbohydrate 5g                      2%

Dietary Fiber 4g                      14%

Sugars 0g

Protein 4g

Vitamin A 229%                      Calcium 15%

Vitamin C 4%                      Iron 10%

Other nutrients: Vitamin K (642%), Folate (29%),  
Magnesium (20%), Riboflavin (10%), Potassium  
(8%), Protein (8%), Vitamin B6 (6%), Thiamin  
(5%)

Source: [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/)  
NDB No: 11464