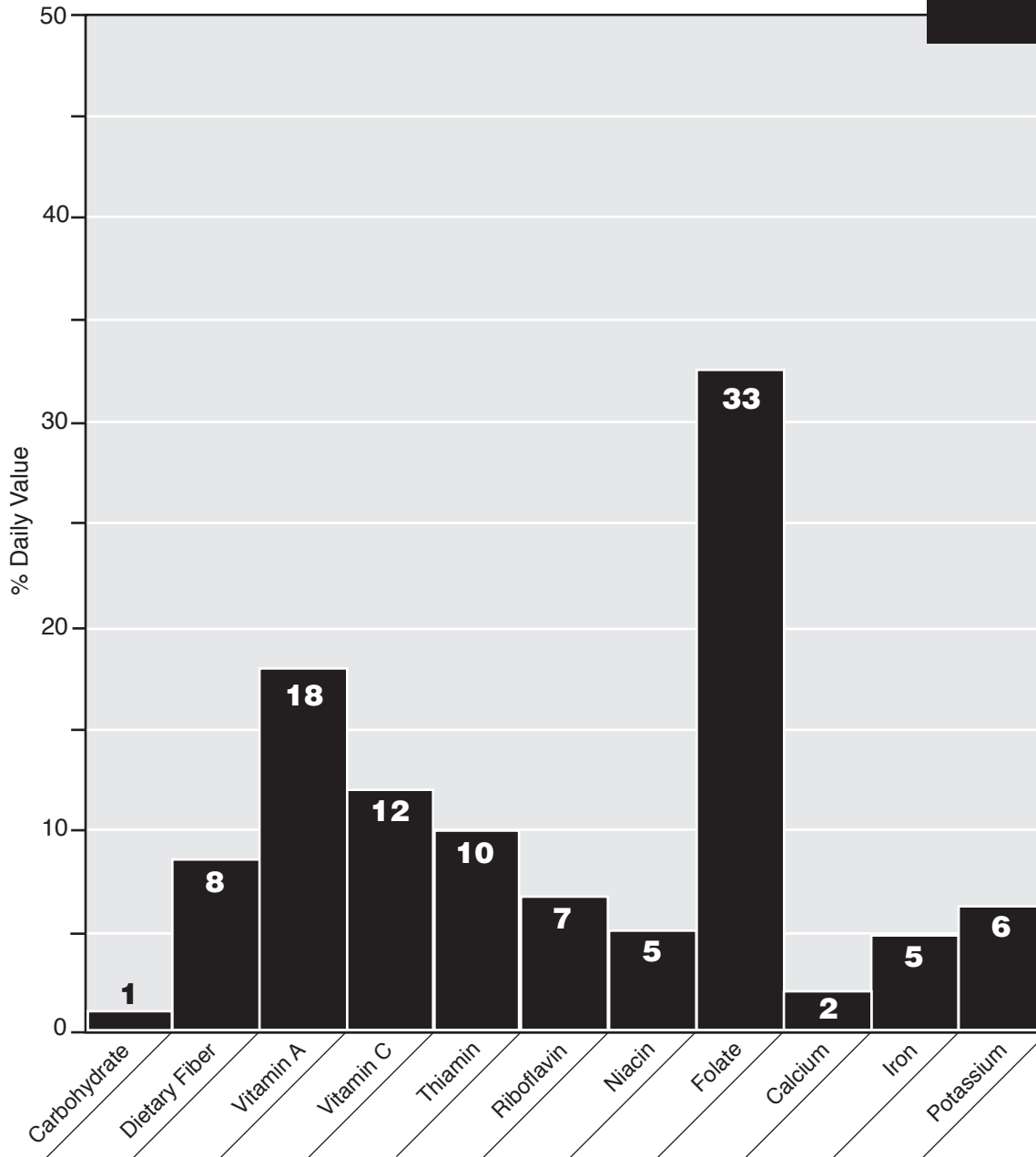


# Asparagus

Liliaceae *Asparagus officinalis*

(analysis based on boiled, drained asparagus)



## Serving Size

- 6 Medium Spears
- 89 Grams
- 20 Calories
  - 8% from fat
  - 26% from protein
  - 65% from carbohydrate
- 2 Grams Protein
- 4 Grams Carbohydrate
  - 2 grams dietary fiber
- 0.2 Gram Fat
- 82 Grams Water
- 12 Milligrams Sodium

