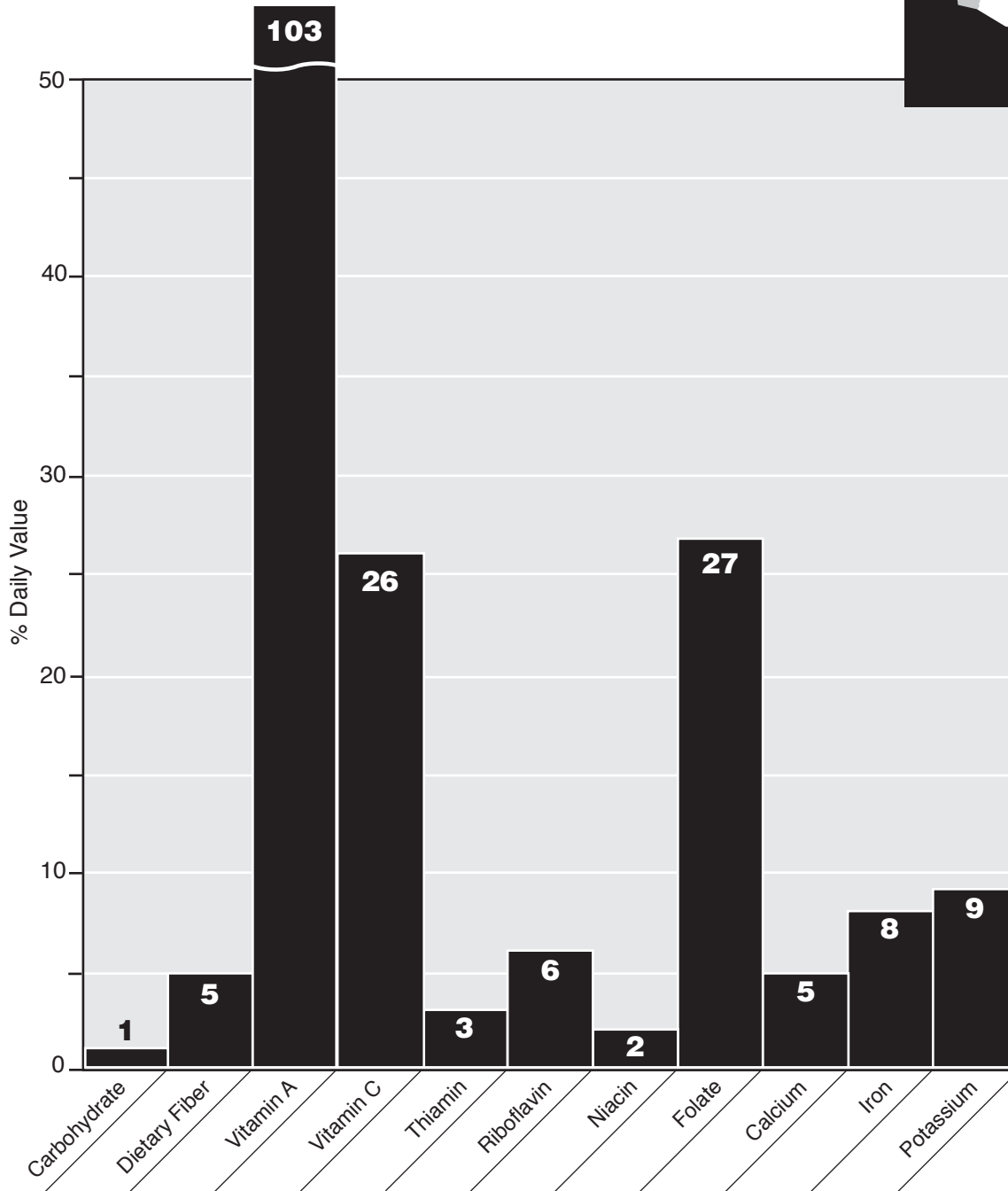


Spinach

Chenopodiaceae *Spinacia oleracea*
(analysis based on raw spinach)



Serving Size

- 1 Cup Torn
- 55 Grams
- 13 Calories
 - 14% from fat
 - 30% from protein
 - 57% from carbohydrate
- 2 Grams Protein
- 2 Grams Carbohydrate
 - 1 gram dietary fiber
- 0.2 Gram Fat
- 50 Grams Water
- 43 Milligrams Sodium

