

Asparagus

Nutrition Facts

Serving Size: ½ cup cooked asparagus (90g)

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Calories 20	Calories from Fat 0
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 13mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Sugars 1g	
Protein 2g	
Vitamin A 18%	Calcium 2%
Vitamin C 12%	Iron 5%

Other nutrients: Vitamin K (57%), Folate (34%), Thiamin (10%), Riboflavin (7%), Potassium (6%), Vitamin E (5%), Niacin (5%)

Source: www.nal.usda.gov/fnic/foodcomp/search/

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