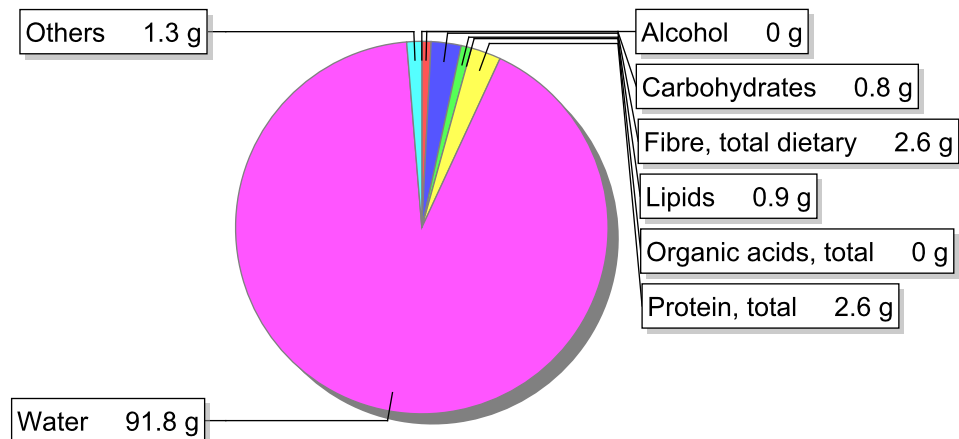


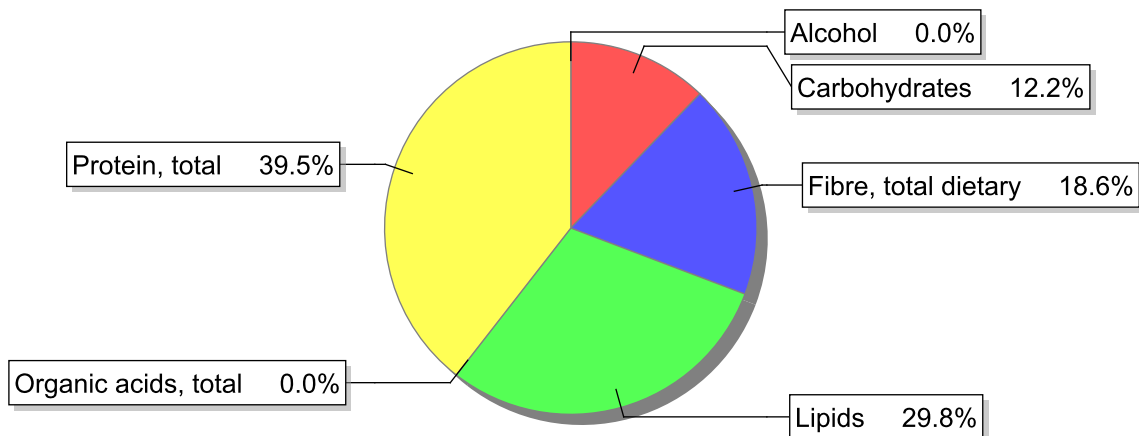
Food

Name: Spinach, raw
Group: Vegetables other than legumes
Subgroup: Vegetables other than legumes
Edible Part: 60%
Code: IS608
FoodEX2 Code: A00MJ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

| Name | Value | Unit | Source(s) |
|------------------------------------|-------|------|-----------|
| energy kcal, total metabolisable | 27 | kcal | |
| energy kJ, total metabolisable | 112 | kJ | |
| fatty acids, total saturated | 0.1 | g | 57 |
| fatty acids, total monounsaturated | 0 | g | |
| fatty acids, total polyunsaturated | 0.4 | g | |
| fatty acid 18:2 n-6 cis,cis | 0.1 | g | 57 |
| fatty acids, total trans | 0 | g | |
| sugars, total | 0.7 | g | |
| sucrose | 0.2 | g | |

| Name | Value | Unit | Source(s) |
|--|-------|------|-----------|
| lactose | 0 | g | |
| salt | 0.4 | g | |
| starch, total | 0.1 | g | |
| protein, total | 2.6 | g | 57 |
| alcohol | 0 | g | |
| water | 91.8 | g | |
| organic acids, total | 0 | g | |
| cholesterol | 0 | mg | |
| vitamin A; retinol equiv from retinol and carotenoid activities | 550 | µg | |
| carotene, total (vitamin A precursors) | 3300 | µg | |
| vitamin D | 0 | µg | |
| alpha-tocopherol | 1.7 | mg | |
| thiamin | 0.07 | mg | 57 |
| riboflavin | 0.18 | mg | 57 |
| niacin, preformed | 0.4 | mg | |
| niacin equivalents, total | 1.1 | mg | |
| niacin equivalents from tryptophan | 0.7 | mg | |
| vitamin B-6, total | 0.17 | mg | |
| vitamin B-12 | 0 | µg | |
| vitamin C | 35 | mg | 57 |
| folate, total | 150 | µg | |
| ash | 1.30 | g | |
| sodium | 170 | mg | 57 |
| potassium | 470 | mg | 57 |
| calcium | 100 | mg | 57 |
| phosphorus | 45 | mg | 57 |
| magnesium | 54 | mg | |
| iron, total | 2.4 | mg | |
| zinc | 0.9 | mg | 57 |

Legend

| Code | Name |
|------|-------------|
| g | gram |
| kJ | kilojoule |
| kcal | kilocalorie |
| mg | milligram |
| µg | microgram |

References

| Id | Reference |
|----|--|
| 57 | PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB |