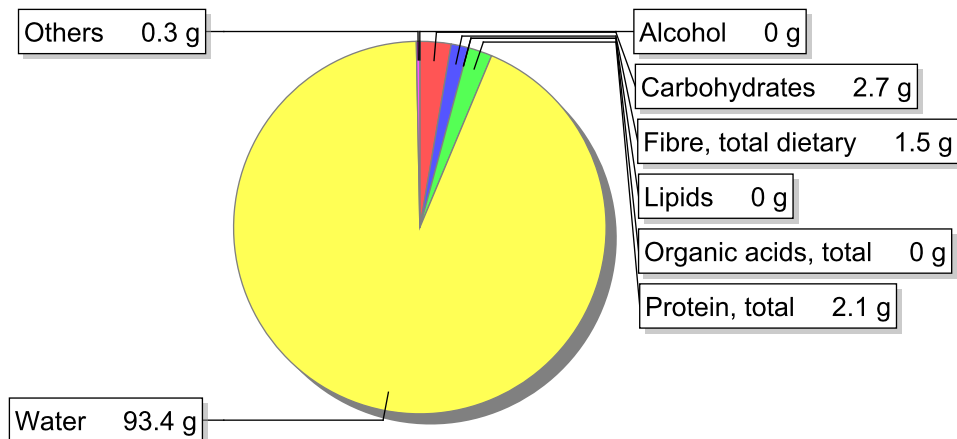


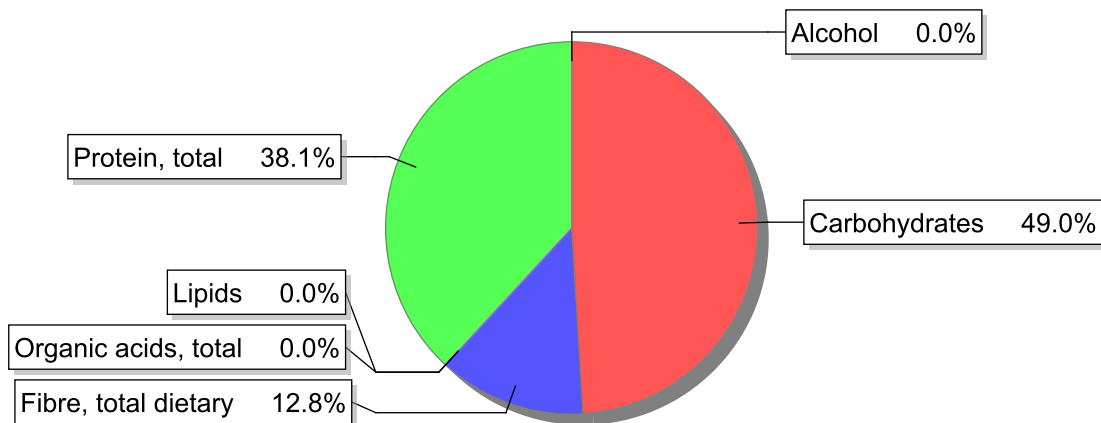
Food

Name: Asparagus, raw
Group: Vegetables other than legumes
Subgroup: Vegetables other than legumes
Edible Part: 44%
Code: IS606
FoodEX2 Code: A00RT

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
Energy value			
energy kcal, total metabolisable	22	kcal	
energy kJ, total metabolisable	94	kJ	
Macro nutrients			
Lipids		g	
fatty acids, total saturated	0	g	
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0	g	
fatty acid 18:2 n-6 cis,cis	0	g	

Name	Value	Unit	Source(s)
fatty acids, total trans	0	g	
Carbohydrates		g	
sugars, total	2.6	g	
sucrose	0.1	g	
lactose	0	g	
oligosaccharides, available	0	g	
starch, total	0.1	g	
salt	0.0	g	
fibre, total dietary	1.5	g	
protein, total	2.1	g	57
alcohol	0	g	
water	93.4	g	57
organic acids, total	0	g	
cholesterol	0	mg	
Vitamins			
vitamin A; retinol equiv from retinol and carotenoid activities	67	µg	
carotene, total (vitamin A precursors)	400	µg	
vitamin D	0	µg	
alpha-tocopherol	1.2	mg	
thiamin	0.16	mg	
riboflavin	0.07	mg	57
niacin, preformed	1	mg	
niacin equivalents, total	1.4	mg	
niacin equivalents from tryptophan	0.4	mg	
vitamin B-6, total	0.09	mg	
vitamin B-12	0	µg	
vitamin C	10	mg	57
folate, total	180	µg	
Minerals			
ash	0.80	g	
sodium	2	mg	57
potassium	260	mg	57
calcium	23	mg	
phosphorus	68	mg	
magnesium	15	mg	57
iron, total	0.7	mg	57
zinc	0.6	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