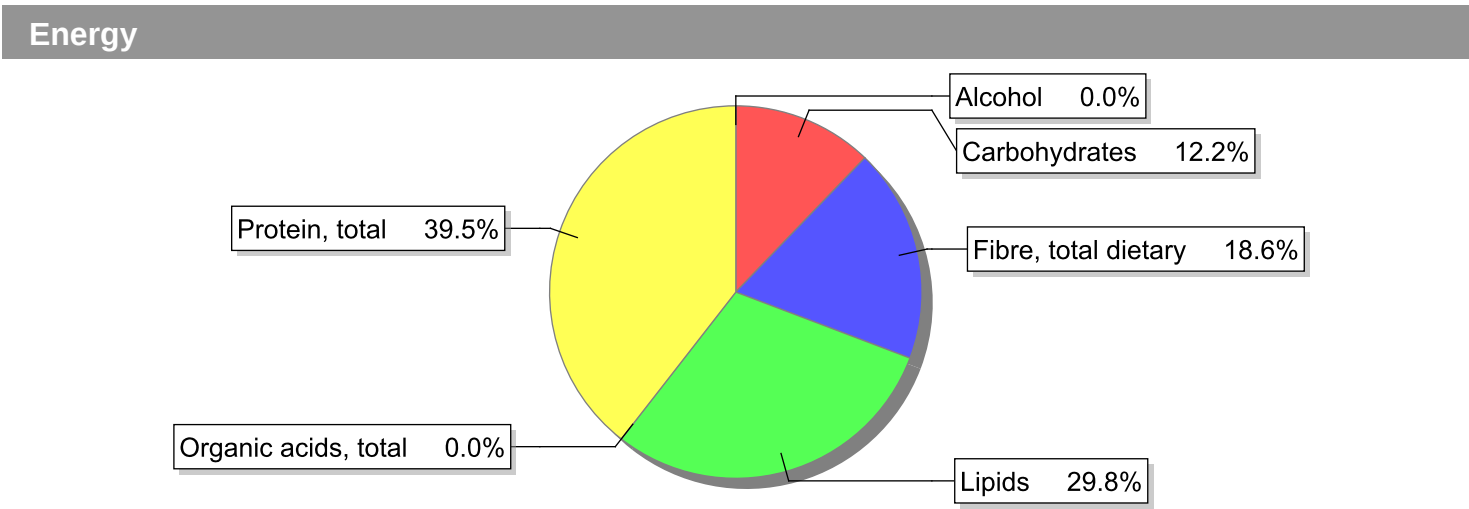
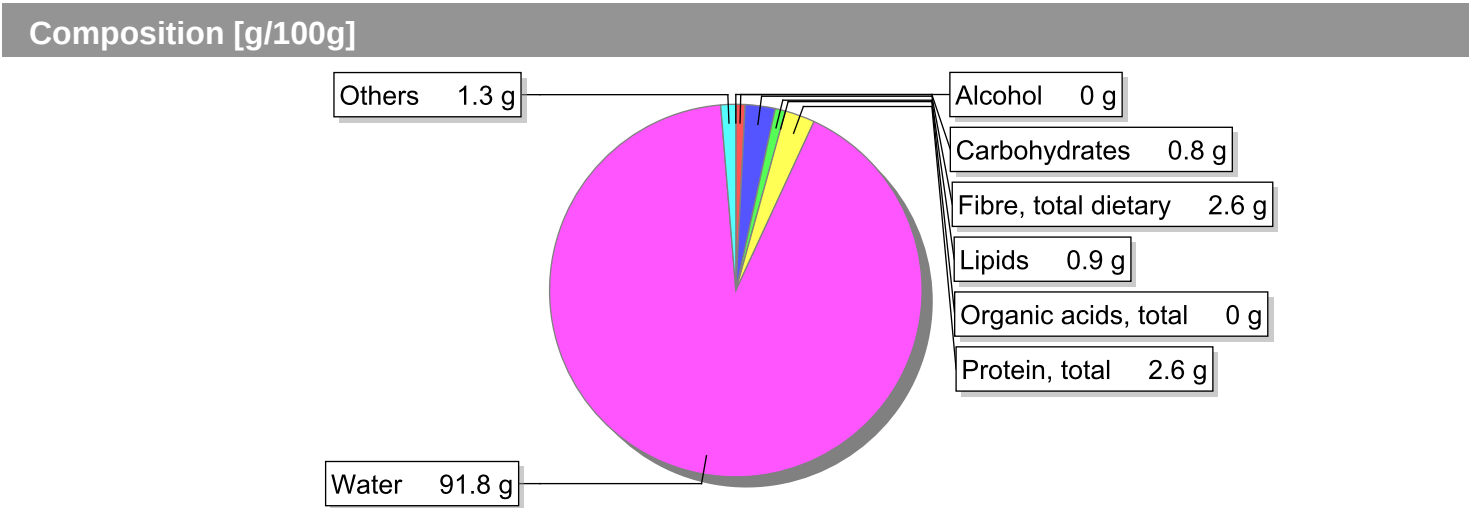


Food	
Name:	Spinach, raw
Group:	Vegetables other than legumes
Subgroup:	Vegetables other than legumes
Edible Part:	60%
Code:	IS608
FoodEX2 Code:	A00MJ



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	
oligosaccharides, available	0	g	
fibre, total dietary	2.6	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