

## Spinach, cooked, boiled, drained, without salt

Refuse: 0%

NDB No: 11458 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error	1.00 X 1 cup ----- 180g
<b>Proximates</b>					
Water	g	91.21	19	0.222	164.18
Energy	kcal	23	0	0.000	41
Energy	kJ	96	0	0.000	173
Protein	g	2.97	16	0.158	5.35
Total lipid (fat)	g	0.26	16	0.045	0.47
Ash	g	1.81	16	0.097	3.26
Carbohydrate, by difference	g	3.75	0	0.000	6.75
Fiber, total dietary	g	2.4	0	0.000	4.3
Sugars, total	g	0.43	0	0.000	0.77
<b>Minerals</b>					
Calcium, Ca	mg	136	12	3.285	245
Iron, Fe	mg	3.57	12	0.996	6.43
Magnesium, Mg	mg	87	12	4.795	157
Phosphorus, P	mg	56	12	2.198	101
Potassium, K	mg	466	12	18.532	839
Sodium, Na	mg	70	8	4.351	126
Zinc, Zn	mg	0.76	16	0.044	1.37

Copper, Cu	mg	0.174	16	0.012	0.313
Manganese, Mn	mg	0.935	15	0.061	1.683
Fluoride, F	mcg	37.8	20	16.290	68.0
Selenium, Se	mcg	1.5	5	0.300	2.7
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	9.8	12	1.545	17.6
Thiamin	mg	0.095	12	0.004	0.171
Riboflavin	mg	0.236	12	0.007	0.425
Niacin	mg	0.490	12	0.032	0.882
Pantothenic acid	mg	0.145	12	0.008	0.261
Vitamin B-6	mg	0.242	12	0.006	0.436
Folate, total	mcg	146	3	13.229	263
Folic acid	mcg	0	0	0.000	0
Folate, food	mcg	146	3	13.229	263
Folate, DFE	mcg_DF E	146	0	0.000	263
Choline, total	mg	19.7	0	0.000	35.5
Betaine	mg	89.0	0	0.000	160.2
Vitamin B-12	mcg	0.00	0	0.000	0.00
Vitamin B-12, added	mcg	0.00	0	0.000	0.00
Vitamin A, RAE	mcg_R AE	524	0	0.000	943
Retinol	mcg	0	0	0.000	0
Carotene, beta	mcg	6288	28	1002.379	11318
Carotene, alpha	mcg	0	4	0.000	0

Cryptoxanthin, beta	mcg	0	4	0.000	0
Vitamin A, IU	IU	10481	0	0.000	18866
Lycopene	mcg	0	4	0.000	0
Lutein + zeaxanthin	mcg	11308	24	2650.977	20354
Vitamin E (alpha-tocopherol)	mg	2.08	0	0.000	3.74
Vitamin E, added	mg	0.00	0	0.000	0.00
Vitamin D (D2 + D3)	mcg	0.0	0	0.000	0.0
Vitamin D	IU	0	0	0.000	0
Vitamin K (phylloquinone)	mcg	493.6	0	0.000	888.5
<b>Lipids</b>					
Fatty acids, total saturated	g	0.043	0	0.000	0.077
4:0	g	0.000	0	0.000	0.000
6:0	g	0.000	0	0.000	0.000
8:0	g	0.000	0	0.000	0.000
10:0	g	0.000	0	0.000	0.000
12:0	g	0.000	0	0.000	0.000
14:0	g	0.006	0	0.000	0.011
16:0	g	0.033	0	0.000	0.059
18:0	g	0.003	0	0.000	0.005
Fatty acids, total monounsaturated	g	0.006	0	0.000	0.011
16:1 undifferentiated	g	0.003	0	0.000	0.005
18:1 undifferentiated	g	0.003	0	0.000	0.005
20:1	g	0.000	0	0.000	0.000
22:1 undifferentiated	g	0.000	0	0.000	0.000

Fatty acids, total polyunsaturated	g	0.109	0	0.000	0.196
18:2 undifferentiated	g	0.017	0	0.000	0.031
18:3 undifferentiated	g	0.092	0	0.000	0.166
18:4	g	0.000	0	0.000	0.000
20:4 undifferentiated	g	0.000	0	0.000	0.000
20:5 n-3 (EPA)	g	0.000	0	0.000	0.000
22:5 n-3 (DPA)	g	0.000	0	0.000	0.000
22:6 n-3 (DHA)	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0.000	0
<b>Amino acids</b>					
Tryptophan	g	0.040	0	0.000	0.072
Threonine	g	0.127	0	0.000	0.229
Isoleucine	g	0.152	0	0.000	0.274
Leucine	g	0.231	0	0.000	0.416
Lysine	g	0.182	0	0.000	0.328
Methionine	g	0.055	0	0.000	0.099
Cystine	g	0.035	0	0.000	0.063
Phenylalanine	g	0.134	0	0.000	0.241
Tyrosine	g	0.113	0	0.000	0.203
Valine	g	0.168	0	0.000	0.302
Arginine	g	0.168	0	0.000	0.302
Histidine	g	0.066	0	0.000	0.119
Alanine	g	0.147	0	0.000	0.265
Aspartic acid	g	0.250	0	0.000	0.450

Glutamic acid	g	0.357	0	0.000	0.643
Glycine	g	0.140	0	0.000	0.252
Proline	g	0.116	0	0.000	0.209
Serine	g	0.107	0	0.000	0.193
<b>Other</b>					
Alcohol, ethyl	g	0.0	0	0.000	0.0
Caffeine	mg	0	0	0.000	0
Theobromine	mg	0	0	0.000	0

USDA National Nutrient Database for Standard Reference, Release 23 (2010)

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