

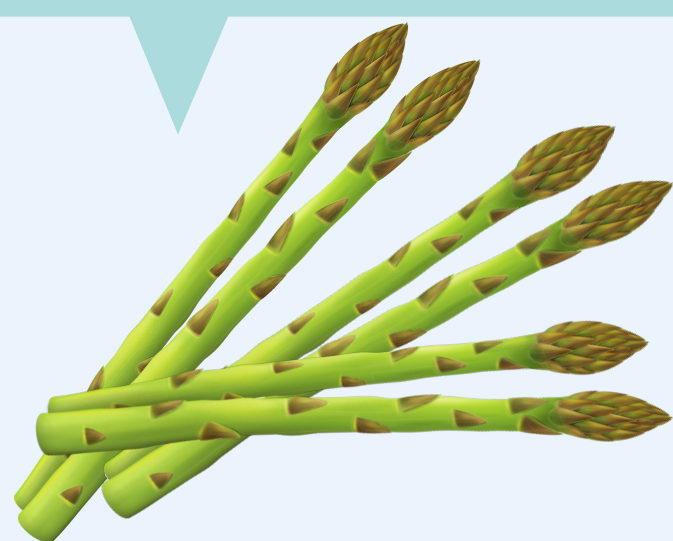


# ASPARAGUS NUTRITION FACTS

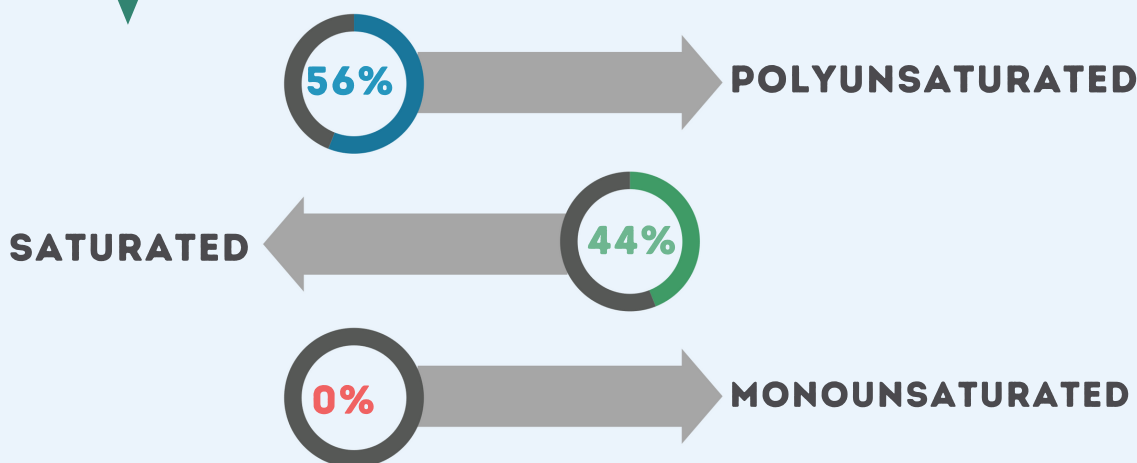


## CALORIES 20/100GM

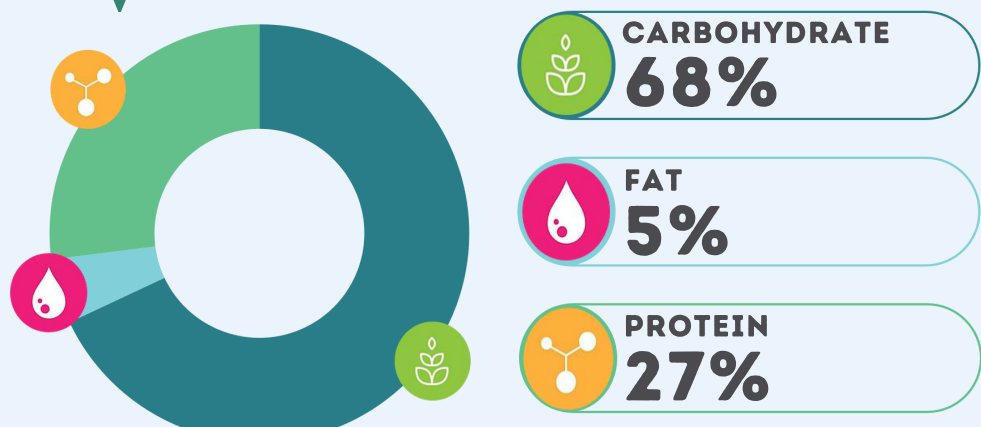
	AMOUNT		AMOUNT
CARBOHYDRATE	3.88 G	NIACIN	0.978 MG
FAT	0.12 G	VITAMIN A	38 MCG
PROTEIN	2.2 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.091 MG
FIBER	2.1 G	VITAMIN C	5.6 MG
RIBOFLAVIN	0.141 MG	VITAMIN D	0.00
SODIUM, NA	2 MG	FOLATE	52 MCG
THIAMIN	0.143 MG		



### FATS AND FATTY ACIDS



### CALORIES BY SOURCE



### ASPARAGUS OTHER NAMES

- ASPARAGUS OFFICINALIS
- GARDEN ASPARAGUS
- SPARROW GRASS
- SATAVAR
- SHATAVARI
- SHATAMULL

### MINERALS IN ASPARAGUS

24 MG	CALCIUM, CA	2 % (DV)
0.189 MG	COPPER, CU	21 % (DV)
2.14 MG	IRON, FE	12 % (DV)
14 MG	MAGNESIUM, MG	4 % (DV)
2.3 MCG	SELENIUM, SE	4 % (DV)
52 MG	PHOSPHORUS, P	7 % (DV)
202 MG	POTASSIUM, K	4 % (DV)
0.54 MG	ZINC, ZN	5 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.