



SPINACH NUTRITION FACTS

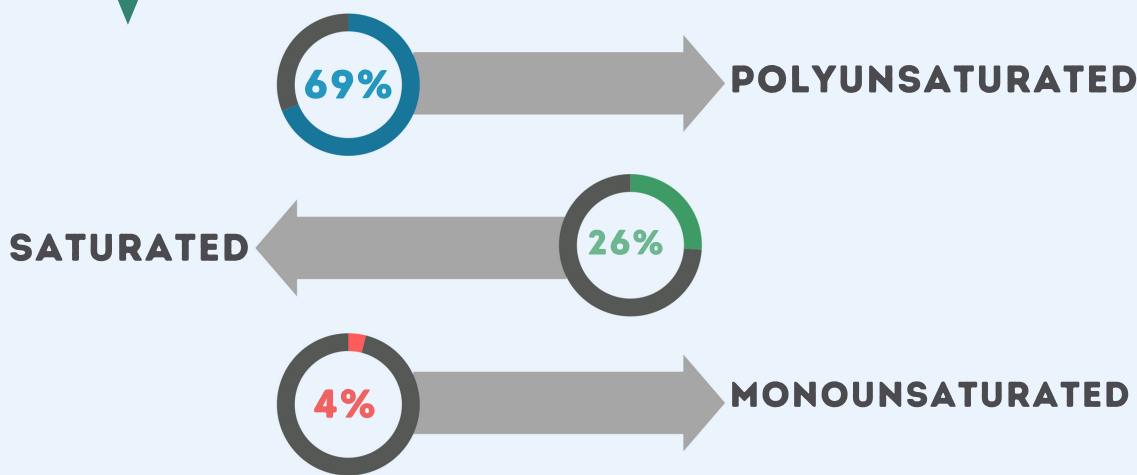


CALORIES 23/100GM

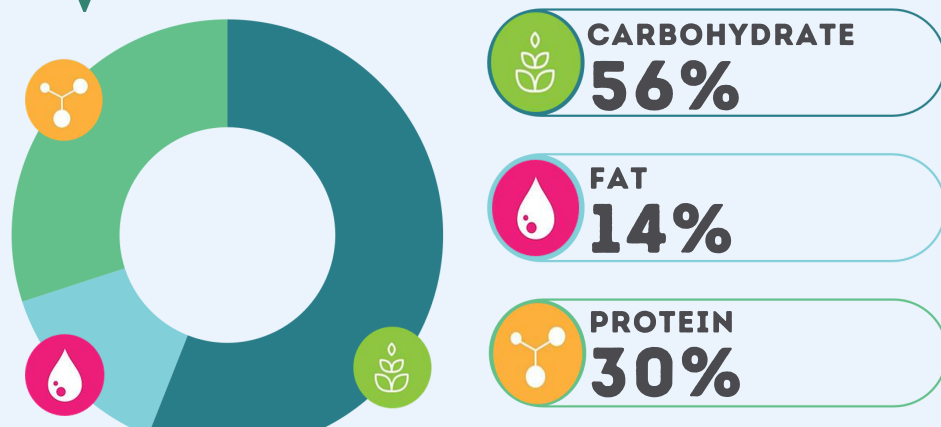
	AMOUNT		AMOUNT
CARBOHYDRATE	3.63 G	NIACIN	0.724 MG
FAT	0.39 G	VITAMIN A	469 MCG
PROTEIN	2.86 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.195 MG
FIBER	2.2 G	VITAMIN C	28.1 MG
RIBOFLAVIN	0.189 MG	VITAMIN D	0.00
SODIUM, NA	79 MG	FOLATE	194 MCG
THIAMIN	0.078 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



SPINACH OTHER NAMES

SPINACIA OLERACEA

MINERALS IN SPINACH

99 MG	CALCIUM, CA	8 % (DV)
0.130 MG	COPPER, CU	14 % (DV)
2.71 MG	IRON, FE	15 % (DV)
79 MG	MAGNESIUM, MG	20 % (DV)
1.0 MCG	SELENIUM, SE	2 % (DV)
49 MG	PHOSPHORUS, P	7 % (DV)
558 MG	POTASSIUM, K	12 % (DV)
0.53 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.