



asparagus

Total Nutrients Score **601**

Rating:

Caloric Breakdown

Carbohydrates	61%
Proteins	35%
Fats	4%
Alcohol	0%

Food Scores

Vitamin Score 315 Protein Score 68
 Mineral Score 187 Fiber Score 28%
 Unhealthy Score 15
 Net Food Score 586

Financial Cost

At \$2.99 per pound, cost of all displayed nutrients is \$4.97
 Net nutrition per dollar is 118
 53% of purchased food is edible.
 Cost per edible pound is \$5.64

14.1 ounces provides 100 food calories
93% of this food's weight is water

Vitamins

Vitamin A	60%
Thiamin (B-1)	29%
Riboflavin (B-2)	20%
Niacin (B-3)	18%
Pantothenic acid	11%
Vitamin B-6	15%
Folate	52%
Vitamin B-12	0%
Vitamin C	25%
Vitamin D	
Vitamin E	30%
Vitamin K	55%

Minerals

Calcium	7%
Copper	38%
Iron	48%
Magnesium	11%
Manganese	25%
Phosphorus	10%
Potassium	20%
Selenium	13%
Sodium	0%
Zinc	14%

Proteins 9%

Histidine*	6%
Isoleucine*	7%
Leucine*	5%
Lysine*	5%
Methionine*	6%
Cystine	3%
Phenylalanine*	6%
Tyrosine	3%
Threonine*	7%
Tryptophan*	9%
Valine*	8%

Carbohydrates 6%

Fiber	28%
Sugars, total	14%

Fats 1%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	2%
Omega-6 fats	2%

Other Components

Alpha-carotene	1%
Beta-carotene	36%
Betaine	0%
Fluorine	
Lycopene	0%
ORAC	300%
Phytosterols	21%
Retinol	0%

USDA Food Number 11011 Food Group Code 1100

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