

Nutritional Nerd!

A veritable health cocktail, asparagus' list of vitamins resembles the alphabet! Low in fat, full of fibre and nuts about nutrients this wonder-veg is full of goodness!

	Per 100g raw	Per 80g raw (equivalent to one five-a-day portion)
Fat	0.6 g	0.5 g
Saturated fat	trace	trace
Cholesterol	0	0
Dietary fibre	1.7 g	1.36 g
Calories	25 kcal	20 kcal
Carbohydrate	2 g	1.6 g
Protein	2.9 g	2.32 g
Pro-vitamin A (carotene)	315 mg	252 mg
Vitamin C	12 mg	9.6 mg
Vitamin E	1.16 mg	0.9 mg
Folic acid (folate)	175 mg	140 mg
Iron	0.7 mg	0.56 mg
Calcium	27mg	21 mg
Potassium	260 mg	208 mg
Sodium	1 mg	0.8 mg

