



Asparagus Good For Your Health Guide Fat Free, Cholesterol Free, Sodium Free

<http://www.asparagusgardener.com>

The chart below is to be used as a general guide when considering the nutritional value of Asparagus. It is often a surprise to many gardeners that asparagus plants are so easy to grow and provide excellent nutritional benefits. Equally surprising is the fact that the FDA has made the following health claims:

- * Asparagus reduces the risk of cancer by reducing the amount of fat intake.
- * Asparagus is a high fiber vegetable and reduces the risk of coronary heart disease.
- * Asparagus reduces risks of hypertension by decreasing sodium.
- * Asparagus reduces birth defects by increasing folate.

In sum, asparagus provides us with so many health benefits: low calories, free saturated fat, sodium free, high in folate and good source of the antioxidant Vitamin A and C. With all the positive health benefits from asparagus we should be sure to include an asparagus patch in our garden. After all asparagus is a very hardy plant and easy to [grow](#). Just plant is once and it will last 15-20 years. For excellent yields be sure and feed your asparagus plants good food --- Witch's Brew Organic Brewed [Asparagus Food](#).

Check with your doctor or nutritionist for the most recent research findings on the benefits of asparagus.

Serving Size	5 spears	93 grams		
Total Calories	25			

Percent Daily Values are based on a 2,000 calorie diet. This chart is just a guide to show possible nutritional values of asparagus.

<i>Total Fat</i>	<i>0 grams</i>	<i>% of Daily Value</i>
Saturated Fat	0 grams	0.00%
Cholesterol	0 grams	0.00%
Sodium	0 grams	0.00%
Total Carbohydrates	4 grams	1.00%
Fiber	2 grams	8.00%
Sugars	2 grams	
Protein	2 grams	
Vitamin A		10.00%
Vitamin C		15.00%
Calcium		2.00%
Iron		2.00%

<i>Asparagus Nutritional Information</i>	<i>units</i>	<i>1 cup / 134 grams</i>
Water	g	123.8
Energy	kcal	30.8
Minerals		
Magnesium, Mg	mg	24.1
Phosphorus, P	mg	75.0
Potassium, K	mg	365.8
Zinc	mg	0.61
Copper	mg	0.23
Vitamins		
Thiamine	mg	0.188
Riboflavin	mg	0.172
Niacin	mg	1.568
Vitamins B-6	mg	0.176
Folate	mcg	171.52