

Asparagus Nutrition Facts

0.2g
Fat

20
calories



2.2g
Protein

1.8g
Fiber

3.7g
Carbs

One-half cup of cooked asparagus (90g) contains 20 calories, 0.2g of fat, 2.2g of protein, 1.8g of fiber, 13mg of sodium, and 3.7g of carbohydrates. It is an excellent source of vitamin K, vitamin A, and zinc.

- Calories: 20
- Fat: 0.2g
- Carbohydrate: 3.7g
- Sodium: 13mg
- Protein: 2.2g
- Fiber: 1.8g

Asparagus Health Benefits

Lowers Blood Pressure

Asparagus contains potassium, which relaxes the walls of the arteries, improves circulation, and lowers blood pressure.



Protects Against Certain Diseases

Asparagus is a key source of inulin, a type of fiber that supports healthy gut bacteria and aids in the control of certain diseases including ulcerative colitis and Crohn's disease.



May Aid Weight Loss

Asparagus is low in calories and high in water content, which may aid weight loss. It is also filling, which can help prevent overeating.



Supports a Healthy Pregnancy

Asparagus contains folate, which promotes a healthy pregnancy and reduces the risk of neural tube defects, such as spina bifida.

