



## General Information – Asparagus

### Asparagus

Scientific Name: *Asparagus officinalis*

**Asparagus is a spring time favourite.**

With the arrival of spring the asparagus root balls start to produce succulent and tender spears. We harvest these nutritious spears when they reach 10cm to 15cm long.

#### Carton weights

The asparagus is packed into a 100g bundle with 65x bundles per 6.5kg wooden carton.

#### Availability

Asparagus is available from October to December





## **Nutrition Information**

- Total Fat 0.1g 0%
- Saturated Fat 0g 0%
- Trans Fat 0mg 0%
- Cholesterol 0mg 0%
- Sodium 2mg 0%
- Potassium 202mg 4%
- Total Carbohydrate 3.9g 1%
- Dietary Fibre 2.1g 8%
- Sugars 1.9g 0%
- Protein 2.2g 4%
- Vitamin A 15%
- Vitamin C 9%
- Calcium 2%
- Iron 11%
- Thiamine 0%
- Riboflavin 0%
- Niacin 0%
- Vitamin B6 5%
- Folate 0%
- Pantothenic Acid 0%
- Phosphorus 7%
- Zinc 6%
- Magnesium 4%
- Selenium 0%
- Copper 0%
- Manganese 8%

\*Values are based on a 2,000 calorie daily diet and a per 100g of Asparagus.