Power Query (M)
Get the value from the first column of the first row of a table

① Record.FieldValues

List selection of index 0 on a table returns the first record

```
Record.FieldValues(MyTable{0}){0}
```

Record.FieldValues returns a list of the values of the record in field order

List selection of index 0 on Record.FieldValues gets the value from the first column

② Record.ToList

```
Record.ToList(MyTable{0}){0}
```

Record.ToList does the same thing as Record.FieldValues 🤷

③ Table.FirstValue

It returns the value in the first column of the first row

```
Table.FirstValue(MyTable)
```