

Health benefits of Basil herb

- Basil leaves hold many notable plant derived chemical compounds that are known to have disease preventing and health promoting properties.
- Basil leaves compose of several health benefiting essential oils such as *eugenol*, *citronellol*, *linalool*, *citral*, *limonene* and *terpineol*. These compounds are known to have anti-inflammatory and anti-bacterial properties.
- The herb is very low in calories and contain no cholesterol, and it is one of the finest sources of many essential nutrients, minerals, and vitamins that are required for optimum health.
- Basil herb contains exceptionally high levels of *beta-carotene*, **vitamin A**, *cryptoxanthin*, *lutein* and *zea-xanthin*.
- Basil herb contains a good amount of minerals like potassium, manganese, copper, and magnesium.
- Basil leaves are an excellent source of iron.

Principle	Nutrient Value	Percentage of RDA
Energy	23 Kcal	1%
Carbohydrates	2.65 g	2%
Protein	3.15 g	6%
Total Fat	0.64 g	2%
Cholesterol	0 mg	0%
Dietary Fiber	1.60 g	4%
Vitamin A	5275 IU	175%
Vitamin C	18 mg	30%
Vitamin E	0.80 mg	5%
Vitamin K	414.8 µg	345%
Calcium	177 mg	18%
Copper	385 mg	43%
Iron	3.17 mg	40%
Magnesium	64 mg	16%
Manganese	1.15 mg	57%
Zinc	0.81 mg	7%