

Health benefits of Parsley

- Parsley is one of less calorific herb
- Parsley contains health benefiting essential volatile oils that include *myristicin*, *limonene*, *eugenol*, and *alpha-thujene*.
- Parsley is rich in poly-phenolic flavonoid antioxidants.
- The herb is a good source of minerals like **potassium**, calcium, manganese, iron, and magnesium.
- Additionally, the herb is also rich in many antioxidant vitamins, including **vitamin-A**, beta-carotene, **vitamin-C**, vitamin-E,
- Fresh herb leaves are also rich in many essential vitamins such as pantothenic acid (vitamin B-5), riboflavin (vitamin B-2), niacin (vitamin B-3), pyridoxine (vitamin B-6) and thiamin (vitamin B-1).
- It is, perhaps, the richest herbal source for vitamin K;

Principle	Nutrient Value	Percentage of RDA
Energy	36 Kcal	1.5%
Carbohydrates	6.33 g	5%
Protein	2.97 g	5%
Total Fat	0.8 g	3%
Cholesterol	0 mg	0%
Dietary Fiber	3.3 g	8.5%
Vitamin A	8424 IU	281%
Vitamin C	133 mg	220%
Vitamin E	0.75 mg	5%