

Health benefits of Pomegranate

- The fruit is moderate in calories; . It contains no cholesterol or saturated fats.
- It is a good source of soluble and insoluble dietary fibers.
- The fruit is suggested by nutritionists in the diet for weight reduction and cholesterol controlling programs. Regular inclusion of fruits in the diets boosts immunity, improves circulation, and offers protection from cancers.
- Total antioxidant strength of pomegranate fruit measured in terms of its **oxygen radical absorbance** .
- The fruit is an also good source of antioxidant **vitamin-C**,& B complex group. Along with minerals like Calcium copper, potassium, and manganese.

Principle	Nutrient Value	Percentage of RDA
Energy	83 Kcal	4%
Carbohydrates	18.70 g	14%
Protein	1.67 g	3%
Total Fat	1.17 g	6%
Cholesterol	0 mg	0%
Dietary Fiber	4 g	11%
Thiamin	0.067 mg	5.5%
Vitamin A	0 IU	0%
Vitamin C	10.2 mg	17%
Vitamin E	0.60 mg	4%
Vitamin K	16.4 µg	14%
Calcium	10 mg	1%
Copper	18%	0.158 mg
Iron	0.30 mg	4%
Magnesium	12 mg	3%
Manganese	0.119 mg	5%
Phosphorus	36 mg	5%
Selenium	0.5 µg	1%
Zinc	0.35 mg	3%