

Health benefits of Raspberries

- Delicious raspberries are low in calories, fats and rich source of dietary fiber, and antioxidants.
- Raspberries have significantly high levels of flavonoid .
- **Xylitol** is a low-calorie sugar substitute extracted from raspberries.
- Fresh raspberries are an excellent sources of **vitamin-C**.
- Raspberry contains anti-oxidant vitamins like vitamin A, and vitamin E
- Raspberry has an oxygen radical absorbance capacity.
- They contain a good amount of minerals like potassium, manganese, copper, iron and magnesium.
- They are rich in B-complex group of vitamins and vitamin K and group of vitamin B6.

Principle	Nutrient Value	Percentage of RDA
Energy	52 Kcal	2.5%
Carbohydrates	11.94 g	9%
Protein	1.20 g	2%
Total Fat	0.65 g	3%
Cholesterol	0 mg	0%
Dietary Fiber	6.5 g	16%
Vitamin A	33 IU	1%
Vitamin C	26.2 mg	47%
Vitamin E	1.42 mg	9%
Calcium	25 mg	2.5%
Copper	90 µg	10%
Iron	0.69 mg	8.5%
Magnesium	22 mg	5.5%
Manganese	0.670 mg	29%
Zinc	0.42 mg	4%