

Health benefits of Okra

- Very low calorie vegetableA rich sources of dietary fiber, minerals, and vitamins, Flavonoid an anti oxidents,
- They are rich in B-complex group of vitamins like niacin, vitamin B-6 (pyridoxine), thiamin and pantothenic acid. The pods also contain good amounts of vitamin K. Vitamin K is a co-factor for blood clotting enzymes and is required for strengthening of bones.
- The pods are also good source of many important minerals such as iron, calcium, manganese and magnesium.

Principle	Nutrient Value	Percentage of RDA
Energy	33 Kcal	1.5%
Carbohydrates	7.03 g	5.4%
Protein	2.0 g	4%
Total Fat	0.1 g	0.5%
Cholesterol	0 mg	0%
Dietary Fiber	9%	3.2 g
Vitamin C	21.1 mg	36%
Vitamin A	375 IU	12.5%
Vitamin E	0.36 mg	2.5%
Vitamin K	53 µg	44%
Calcium	81 mg	8%
Copper	0.094 mg	10%
Iron	0.80 mg	10%
Magnesium	57 mg	14%
Manganese	0.990 mg	43%
Phosphorus	63 mg	9%
Selenium	0.7 µg	1%
Zinc	0.60 mg	5.5%