

## Health benefits of Asparagus

- Asparagus is a very low calorie vegetable. 100 g fresh spears carries just 20 calories.
- In addition, its spears contain moderate levels of dietary-fiber. 100 g of fresh spears provide 2.1 g of roughage. Dietary fiber helps control constipation conditions, decrease bad (LDL) cholesterol levels by binding to it in the intestines, and regulate blood sugar levels. Studies suggest that high-fiber diet help cut down colon-rectal cancer risks by preventing toxic compounds in the food from absorption.
- Its shoots have long been used in many traditional medicines to treat conditions like **dropsy** and **irritable bowel syndrome**.
- Fresh asparagus spears are a good source of anti-oxidants such as *lutein*, *zeaxanthin*, *carotenes*, and *crypto-xanthins*. Together, these flavonoid compounds help remove harmful oxidant free radicals from the body protect it from possible cancer, neuro-degenerative diseases, and viral infections. Their total antioxidant strength, measured in terms of oxygen radical absorbance capacity (ORAC value), is 2150  $\mu\text{mol TE}/100\text{ g}$ .

Principle	Nutrient Value	Percentage of RDA
Energy	20 Kcal	1%
Carbohydrates	3.38g	2.5%
Protein	2.20 g	4%
Total Fat	0.12 g	0.5%
Cholesterol	0 mg	0.5%
Dietary Fiber	2.1 g	5.5%
Vitamin A	756 IU	25%
Vitamin C	5.6 mg	9%
Vitamin E	1.13 mg	7.5%
Vitamin K	41.6 ug	35%
Calcium	24 mg	2.5%
Iron	1.14 mg	14%
Magnesium	14 mg	1%