

## Health benefits of Arugula

- As in other greens, arugula too is one of very low calorie vegetable. 100 g of fresh leaves hold just 25 calories. Nonetheless, it has many vital phytochemicals, anti-oxidants, vitamins, and minerals that may immensely benefit health.
- Salad rocket has an ORAC value (oxygen radical absorbance capacity, a measure of anti-oxidant strength) of about 1904  $\mu\text{mol TE}$  per 100 grams.
- Fresh salad rocket is one of greens rich in folates. 100 g of fresh greens contain 97  $\mu\text{g}$  or 24% of folic acid. When given to the antcipant mothers during their conception time, folate may help prevent neural tube defects in the newborns.
- Like as in kale, salad rocket is an excellent source of **vitamin A**. 100 g fresh leaves contain 1424  $\mu\text{g}$  of beta-carotene, and 2373 IU of vitamin A. Carotenes convert into vitamin A in the body. Studies found that vitamin A and flavonoid compounds in green leafy vegetables help protect from skin, lung and oral cavity cancers.
- This vegetable also an excellent sources of B-complex group of vitamins such as thiamin, riboflavin, niacin, vitamin B-6 (pyridoxine), and pantothenic acid those are essential for optimum cellular enzymatic and metabolic functions.
- copper, iron and iodine.

Principle	Nutrient Value	Percentage of RDA
Energy	25 Kcal	1%
Carbohydrates	3.65 g	3%
Protein	2.58 g	5%
Total Fat	0.66 g	03.5%
Cholesterol	0 mg	0 %
Dietary Fiber	1.6 g	4%
Vitamin A	2373 $\mu\text{g}$	17%
Vitamin C	15mg	25%
Vitamin E	0.43 mg	3%
Vitamin K	108.6 $\mu\text{g}$	90%
Calcium	160 mg	16%
Copper	0.076 mg	8%
Iron	1.46 mg	18%
Magnesium	47 mg	12%
Manganese	0.321 mg	14%
Phosphorus	52 mg	7.5%

