

Health benefits of bok choy

- Bok choy is one of the popular very low calorie leafy vegetables. Nonetheless, it is a very rich source of many vital phyto-nutrients, vitamins, minerals and health-benefiting anti-oxidants.
- 100 g of bok choy carries just 13 calories. It is one of the recommended vegetables in the weight reduction programs falling under "zero calorie or negative calorie" category of food items, which when eaten would add no extra calories into the body but facilitate calorie burn and thereby reduction of body weight.
- Fresh pak choy is an excellent source of water-soluble antioxidant, **vitamin-C** (ascorbic acid). 100 g provides 45 mg or 75 % of daily requirements of vitamin C. Regular consumption of foods rich in vitamin C helps the body develop resistance against infectious agents and scavenge harmful, pro-inflammatory free radicals from the body.
- Bok-choy has more vitamin A, carotenes, and other flavonoid polyphenolic anti-oxidants than [cabbage](#), [cauliflower](#), etc. Just 100 g of fresh Bokchoy leaves provide 4468 IU or 149% of daily-required levels vitamin A.

Principle	Nutrient Value	Percentage of RDA
Energy	13 kcal	<1%
Carbohydrates	2.18 g	1.5%
Protein	1.5 g	3%
Total Fat	0.20 g	1%
Cholesterol	0 mg	0%
Dietary Fiber	1 mg	2.5%
Thiamin	0.040 mg	3.5%
Vitamin A	4468 IU	149%
Vitamin C	45 mg	75%
Vitamin K	45.5 µg	38%
Calcium	105 mg	10.5%
Iron	0.80 mg	10%
Magnesium	19 mg	5%
Manganese	0.159 mg	7%
Phosphorus	37 mg	5%

