

Health benefits of Spinach

- Spinach is store house for many phyto-nutrients that have health promotional and disease prevention properties.
- Very low in calories and fats (100 g of raw leaves provide just 23 calories). Its leaves hold good amount of soluble dietary fiber and no wonder green spinach is one of the finest vegetable sources recommended in cholesterol controlling and weight reduction programs by dieticians!
- Fresh 100 g of spinach contains about 25% of daily intake of iron; one of the richest among green leafy vegetables. Iron is an important trace element required by the human body for red blood cell production and as a co-factor for oxidation-reduction enzyme, *cytochrome-oxidase* during the cellular metabolism.

Principle	Nutrient Value	Percentage of RDA
Energy	23 Kcal	1%
Carbohydrates	3.63 g	3%
Protein	2.86 g	5%
Total Fat	0.39 g	1.5%
Cholesterol	0 mg	0%
Dietary Fiber	2.2 g	6%
Thiamin	0.078 mg	6.5%
Vitamin A	9377 IU	312%
Vitamin C	28.1 mg	47%
Vitamin E	2.03 mg	13.5%
Vitamin K	482.9 µg	402%
Calcium	99 mg	10%
Copper	0.130 mg	14%
Iron	2.71 mg	34%
Magnesium	79 mg	20%
Manganese	0.897 mg	39%
Zinc	0.53 mg	5%