

Spinach

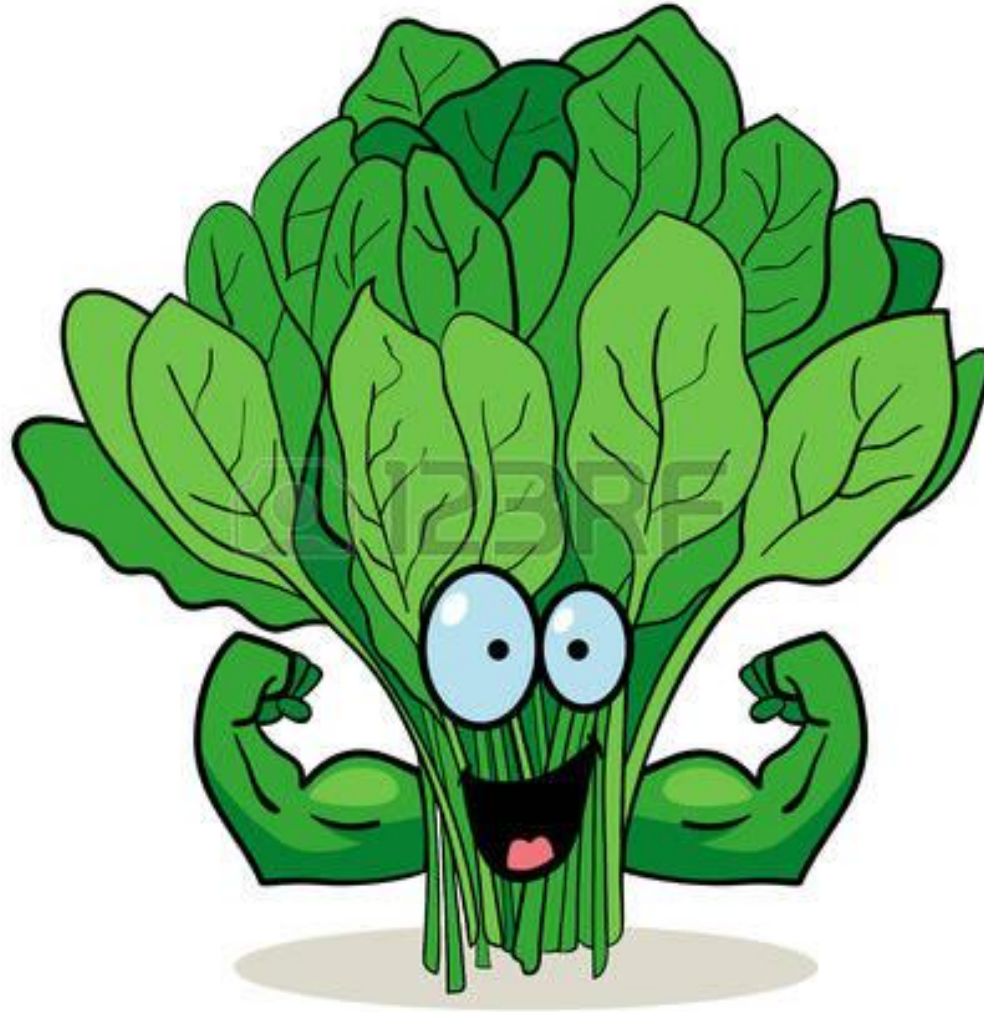
For Food2explore Project.

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Spinach is one of incredible green-leafy vegetables. Its tender, crispy, dark-green leaves are one of the favorite ingredients of chefs all around the world.



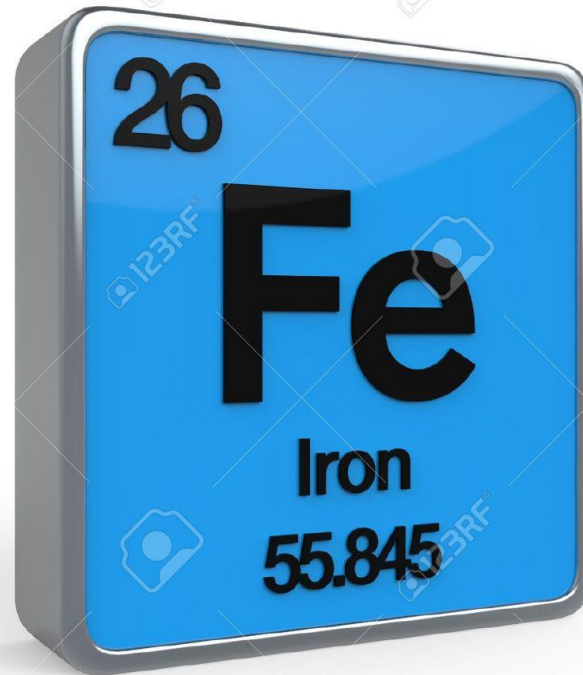
Health Benefits of Spinach



It is very low in calories and fats (100 g of raw leaves provide just 23 calories). Also, its leaves hold a good amount of soluble dietary fiber.



Fresh 100 g of spinach contains about 25% of daily intake of iron, one of the highest for any green leafy vegetables.



Fresh leaves are a rich source of several vital antioxidant vitamins like vitamin-A, vitamin-C.



Spinach leaves are an excellent source of vitamin-K. 100 g of fresh greens provides 402% of daily vitamin-K requirements.



Its leaves also contain a good amount of minerals like potassium, manganese, magnesium, copper and zinc.

19

K

Potassium

39.098

12

Mg

Magnesium

24.305

30

Zn

Zinc

65.39

25

Mn

Manganese

54.938

29

Cu

Copper

63.546