



Study of Nutritional Facts and Health benefits of Asparagus

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Abstract : Asparagus is a nutrient-dense food that is high in folic acid and is also a good source of potassium, fiber, vitamin B6, vitamins A and vitamin C, and thiamine. Extensive research into asparagus nutrition has resulted in this funny-looking vegetable being ranked among the top fruits and vegetables for its ability to reduce the effect of cell-damaging free radicals.

Packed with antioxidant and anti-inflammatory properties, asparagus has been used as a medicinal vegetable for 2,500 years. The list of asparagus nutritional benefits is long, for it helps your heart, digestion, bones and even cells.

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Asparagus Nutrition Facts

Asparagus nutrition is impressive because it contains virtually no fat and remains very low in calories, with only 20 calories for five spears, yet asparagus is packed with vitamins and minerals. Otherwise, it contains two grams of protein, only four grams of carbohydrates and zero sodium.

Asparagus nutrition facts, listed in recommended daily values:

20 calories per cup

2 grams of protein

60% folacin

38% vitamin K

20% vitamin C

15% vitamin B1 Thiamin

10% vitamin B6