

Spinach *Spinacia oleracea*



Other names	Chard, Savoy
Description	Spinach is a plant of the Amaranthaceae family and is native to central and southwestern Asia, though it is very rarely seen growing in the wild. As a cultivated vegetable, the leaves can vary from 2 - 30cm in size with the larger leaves at the base and the smaller leaves higher on the flowering stem.
Part/s used	Leaf
Nutrients	An excellent source of Vit A, B2, B6, C & K, CoQ10, manganese, folate, magnesium, iron, calcium, and potassium. Also a good source of dietary fibre, copper, protein, phosphorous, zinc, niacin, selenium and omega-3 fatty acids
Phytochemicals	Carotenoids such as lutein & zeaxanthin, glutathione, betaine, polyphenols, chlorophyll
Medicinal properties	Spinach is known to be high in antioxidant and anti-cancer compounds. It has also been found to be anti-inflammatory and supportive of good heart, brain and bone health. Because of these and other long term benefits to vision & eye and skin health, spinach is becoming increasingly known as an anti-ageing superfood.
Other facts	The absorption of iron from spinach is greatly enhanced by consuming in combination with foods rich in Vitamin C such as pomegranate & kale. Most of the nutrients in spinach are soluble. It is very easy to lose these in the cooking process when often the nutrient rich cooking water is poured down the sink.

Spinach, raw	
Nutritional value per 100 g	
(3.5 oz)	
Energy	20 kcal 100 kJ
Carbohydrates	3.6 g
- Sugars	0.4 g
- Dietary fibre	2.2 g
Fat	0.4 g
Protein	2.2 g
Vitamin A equiv.	469 µg 52%
- β-carotene	5626 µg 52%
Thiamin (Vit. B)	0.078mg 6%
Riboflavin (Vit. B2)	0.189mg 13%
Niacin (Vit. B3)	0.724mg 4%
Pantothenic acid (Vit B5)	0.065mg 1%
Vitamin B6	0.195mg 16%
Folate (Vit. B9)	194 µg 49%
Vitamin C	28 mg 47%
Vitamin E	2 mg 13%
Vitamin K	483 µg 460%
Calcium	99 mg 10%
Iron	2.7 mg 22%
Magnesium	79mg 23%
Manganese	0.897mg 45%
Phosphorous	49mg 7%
Potassium	558mg 12%
Zinc	0.53mg 8%
Percentages are relative to US recommendations for adults based on the USDA Nutrient database	