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- Can be eaten raw or lightly steamed, grilled or stir-fried. Comes in white, green and purple varieties
- The compound, asparagine, helps rid the body of excess salts
- High folate can prevent neural-tube defects during pregnancy
- Great source of folate, vitamin K and potassium for heart health; high in fiber, calcium, and magnesium; also provides vitamins A & C and minerals iron, chromium and selenium

Nutrients in Asparagus

• 27 Calories, 3 gm protein, 3 grams fiber, 0 fat, no cholesterol

One cup of raw or 1/2 cup cooked asparagus provides:

The Health Benefits of Asparagus



Asparagus is a member of the cancer-fighting cruciferous family. It is anti-inflammatory, lowers risk of diabetes, controls blood pressure and boosts brain health.

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