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• Add to salads, sandwiches, dips, pesto, soups or side dishes

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• Contains antioxidants beta-carotene, vitamin C and vitamin K which fight Good source of calcium and vitamin K, which work together to build

1 cup raw arugula provides: • 5 Calories, 0.6 gm protein, 0.4 gm fiber, 0.2 gm fat, no cholesterol

Contains Sulphur substances like sulforaphane, found to slow cancer cell

High potassium helps control blood pressure and magnesium maintains

**Health Benefits of Arugula** 

Potential benefits of consuming arugula:

bone, reducing the risk of bone fracture

inflammation, aging and disease

known for its low Calories and high nutrients.

Also known as "Rocket," this leafy green is tender and tangy. It is a member of the cruciferous family (broccoli, cabbage, kale)





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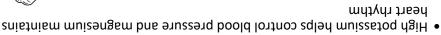
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