

☐

I'm not robot


reCAPTCHA

Continue

1 cup raw spinach nutrition

If the recent E. coli spinach ban has all you Popeyes pining for the green stuff, The Mercury News offers a few spinach alternatives for your salad.Look beyond spinach to discover the other dark green, leafy vegetables. (Yup, they're there, nestled together in a less-traveled part of the produce section.) Go sweet on Swiss chard. Make friends with mustard greens. Care about collards and kale. And get on the turnip greens truck.Mmmm, collards and turnip greens. Where did you foodies turn in the produce aisle in lieu of spinach? Let us know in the comments. Thanks, Tina! Miss spinach? Try these alternatives [Mercury News] Breastfeeding Early Care and Education pdf icon[PDF-1.91MB] Access to Healthier Food Vitamins and Minerals Unfit to Serve pdf icon[PDF-1.03MB] Cooked (by moist or dry heat with no added ingredients), Edible Weight Portion Percent Daily Values (%DV) are based on a 2,000 calorie diet Downloadable/Printable Posters Seafood Serving Size (84 g/3 oz) Calo- ries Calo- ries from Fat Total Fat Satu- rated Fat Chole- sterol Sod- ium Potas- sium Total Carbo- hydrate Prot- ein Vita- min A Vita min C Cal- cium Iron (%DV) (g) (%DV) (g) (%DV) (mg) (%DV) (mg) (%DV) (mg) (%DV) (g) (g) (%DV) (%DV) (%DV) (%DV) Blue Crab 100 10 1 2 0 0 95 32 330 14 300 9 0 0 20 0 4 10 4 Catfish 130 60 6 9 2 10 50 17 40 2 230 7 0 0 17 0 0 0 0 Clams, about 12 small 110 15 1.5 2 0 0 80 27 95 4 470 13 6 2 17 10 8 30 Cod 90 5 1 2 0 0 0 50 17 65 3 460 13 0 0 20 0 2 2 2 Flounder/ Sole 100 15 1.5 2 0 0 55 18 100 4 390 11 0 0 19 0 0 2 0 Haddock 100 10 1 2 0 0 70 23 85 4 340 10 0 0 21 2 0 2 6 Halibut 120 15 2 3 0 0 40 13 60 3 500 14 0 0 23 4 0 2 6 Lobster 80 0 0 5 1 0 0 60 20 320 13 300 9 1 0 17 2 0 6 2 Ocean Perch 110 20 2 3 0 5 3 45 15 95 4 290 8 0 0 21 0 2 10 4 Orange Roughy 80 5 1 2 0 0 0 20 7 70 3 340 10 0 0 16 2 0 4 2 Oysters, about 12 medium 100 35 4 6 1 5 80 27 300 13 220 6 6 2 10 0 6 6 45 Pollock 90 10 1 2 0 0 80 27 110 5 370 11 0 0 20 2 0 0 2 Rainbow Trout 140 50 6 9 2 10 55 18 35 1 370 11 0 0 20 4 4 8 2 Rockfish 110 15 2 3 0 0 40 13 70 3 440 13 0 0 21 4 0 2 2 Salmon, Atlantic/ Coho /Sockeye/ Chinook 200 90 10 15 2 10 70 23 55 2 430 12 0 0 24 4 4 2 2 Salmon, Chum/ Pink 130 40 4 6 1 5 70 23 65 3 420 12 0 0 22 2 0 2 4 Scallops, about 6 large or 14 small 140 10 1 2 0 0 65 22 310 13 430 12 5 2 27 2 0 4 14 Shrimp 100 10 1.5 2 0 0 170 57 240 10 220 6 0 0 21 4 4 6 10 Swordfish 120 50 6 9 1.5 8 40 13 100 4 310 9 0 0 16 2 2 0 6 Tilapia 110 20 2.5 4 1 5 75 25 30 1 360 10 0 0 22 0 2 0 2 Tuna 130 15 1.5 2 0 0 50 17 40 2 480 14 0 0 26 2 2 2 4 Seafood provides negligible amounts of trans fat, dietary fiber, and sugars. In this section: Food Labeling & Nutrition Vegetables Nutrition Facts Raw, Edible Weight Portion Percent Daily Values (%DV) are based on a 2,000 calorie diet Downloadable/Printable Posters Vegetables Serving Size (gram weight/ ounce weight) Calories Calories from Fat Total Fat Sodium Potassium Total Carbo-hydrate Dietary Fiber Sugars Protein Vitamin A Vitamin C Calcium Iron (g) (%DV) (mg) (%DV) (mg) (%DV) (g) (%DV) (g) (%DV) (%DV) (%DV) Asparagus 5 spears (93 g/3.3 oz) 20 0 0 0 0 0 230 7 4 1 2 8 2 2 10 15 2 2 Bell Pepper 1 medium (148 g/5.3 oz) 25 0 0 0 40 2 220 6 6 2 2 8 4 1 4 190 2 4 Broccoli 1 medium stalk (148 g/5.3 oz) 45 0 0 0 5 1 80 3 460 13 8 3 3 12 2 4 6 220 6 6 Carrot 1 carrot, 7" long, 1 1/4" diameter (78 g/2.8 oz) 30 0 0 0 60 3 250 7 7 2 2 8 5 1 110 10 2 2 Cauliflower 1/6 medium head (99 g/3.5 oz) 25 0 0 0 0 30 1 270 8 5 2 2 8 2 2 0 100 2 2 Celery 2 medium stalks (110 g/3.9 oz) 15 0 0 0 115 5 260 7 4 1 2 8 2 0 10 15 4 2 Cucumber 1/3 medium (99 g/3.5 oz) 10 0 0 0 0 0 140 4 2 1 1 4 1 4 10 2 2 Green (Snap) Beans 3/4 cup cut (83 g/3.0 oz) 20 0 0 0 0 200 6 5 2 3 12 2 1 4 10 4 2 Green Cabbage 1/12 medium head (84 g/3.0 oz) 25 0 0 0 0 20 1 190 5 5 2 2 8 3 1 0 70 4 2 Green Onion 1/4 cup chopped (25 g/0.9 oz) 10 0 0 0 10 0 70 2 2 1 1 4 1 0 2 8 2 2 Iceberg Lettuce 1/6 medium head (89 g/3.2 oz) 10 0 0 0 10 0 125 4 2 1 1 4 2 1 6 6 2 2 Leaf Lettuce 1 1/2 cups shredded (85 g/3.0 oz) 15 0 0 0 35 1 170 5 2 1 1 4 1 1 130 6 2 4 Mushrooms 5 medium (84 g/3.0 oz) 20 0 0 0 15 0 300 9 3 1 1 4 0 3 0 2 0 2 Onion 1 medium (148 g/5.3 oz) 45 0 0 0 5 0 190 5 11 4 3 12 9 1 0 20 4 4 Potato 1 medium (148 g/5.3 oz) 110 0 0 0 0 0 620 18 26 9 2 8 1 3 0 45 2 6 Radishes 7 radishes (85 g/3.0 oz) 10 0 0 0 55 2 190 5 3 1 1 4 2 0 0 30 2 2 Summer Squash 1/2 medium (98 g/3.5 oz) 20 0 0 0 0 0 260 7 4 1 2 8 2 1 6 30 2 2 Sweet Corn kernels from 1 medium ear (90 g/3.2 oz) 90 20 2.5 4 0 0 250 7 18 6 2 8 5 4 2 10 0 2 Sweet Potato 1 medium, 5" long, 2" diameter (130 g/4.6 oz) 100 0 0 0 70 3 440 13 23 8 4 16 7 2 120 30 4 4 Tomato 1 medium (148 g/5.3 oz) 25 0 0 0 20 1 340 10 5 2 1 4 3 1 20 40 2 4 Most vegetables provide negligible amounts of saturated fat, trans fat, and cholesterol. Back to Top Vladislav Mitic / Istock Cooking some foods unlocks their nutrients, but eating certain raw foods is more nutritious. Here are eight to try raw, for maximum nutrition. Written by Kris Gunnars, BSc on May 14, 2019NutrientsVitamins & mineralsPlant compoundsBenefitsDownsidesBottom lineSpinach (Spinacia oleracea) is a leafy green vegetable that originated in Persia.It belongs to the amaranth family and is related to beets and quinoa. What's more, it's considered very healthy, as it's loaded with nutrients and antioxidants.Eating spinach may benefit eye health, reduce oxidative stress, help prevent cancer, and reduce blood pressure levels.There are many ways to prepare spinach. You can buy it canned or fresh and eat it cooked or raw. It's delicious either on its own or in other dishes.This article tells you everything you need to know about spinach.Share on PinterestThe nutrition facts for 3.5 ounces (100 grams) of raw spinach are (1).Calories: 23Water: 91%Protein: 2.9 gramsCarbs: 3.6 gramsSugar: 0.4 gramsFiber: 2.2 gramsFat: 0.4 gramsCarbsMost of the carbs in spinach consist of fiber, which is incredibly healthy.Spinach also contains small amounts of sugar, mostly in the form of glucose and fructose (1).FiberSpinach is high in insoluble fiber, which may boost your health in several ways (2).It adds bulk to stool as food passes through your digestive system. This may help prevent constipation.SUMMARY Spinach is low in carbs but high in insoluble fiber. This type of fiber may benefit your digestion.Spinach is an excellent source of many vitamins and minerals, including (3).Vitamin A. Spinach is high in carotenoids, which your body can turn into vitamin A.Vitamin C. This vitamin is a powerful antioxidant that promotes skin health and immune function.Vitamin K1. This vitamin is essential for blood clotting. Notably, one spinach leaf contains over half of your daily needs.Folic acid. Also known as folate or vitamin B9, this compound is vital for pregnant women and essential for normal cellular function and tissue growth.Iron. Spinach is an excellent source of this essential mineral. Iron helps create hemoglobin, which brings oxygen to your body's tissues.Calcium. This mineral is essential for bone health and a crucial signaling molecule for your nervous system, heart, and muscles.Spinach also contains several other vitamins and minerals, including potassium, magnesium, and vitamins B6, B9, and E.SUMMARY Spinach is an extremely nutrient-rich vegetable. It packs high amounts of carotenoids, vitamin C, vitamin K, folic acid, iron, and calcium.Spinach contains several important plant compounds, including (4, 5, 6, 7, 8, 9, 10):Lutein. This compound is linked to improved eye health.Kaempferol. This antioxidant may decrease your risk of cancer and chronic diseases.Nitrates. Spinach contains high amounts of nitrates, which may promote heart health.Quercetin. This antioxidant may ward off infection and inflammation. Spinach is one of the richest dietary sources of quercetin.Zeaxanthin. Like lutein, zeaxanthin can also improve eye health.SUMMARY Spinach boasts many plant compounds that can improve health, such as lutein, kaempferol, nitrates, quercetin, and zeaxanthin.Spinach is extremely healthy and linked to numerous health benefits.It has been shown to improve oxidative stress, eye health, and blood pressure.Oxidative stressFree radicals are byproducts of metabolism. They can cause oxidative stress, which triggers accelerated aging and increases your risk of cancer and diabetes (11).However, spinach contains antioxidants, which fight oxidative stress and help reduce the damage it causes. One study in eight healthy people found that spinach helped prevent oxidative damage. Although this study was quite small, its findings are backed up by other animal and human research (12, 13, 14).Eye healthSpinach is rich in zeaxanthin and lutein, which are the carotenoids responsible for color in some vegetables.Human eyes also contain high quantities of these pigments, which protect your eyes from the damage caused by sunlight (15).Additionally, several studies indicate that zeaxanthin and lutein work to prevent macular degeneration and cataracts, which are major causes of blindness (16, 17, 18, 19).These compounds may even be able to reverse existing damage (20, 21).Cancer preventionSpinach contains two components, MGDG and SODG, which may slow down cancer growth.In one study, these compounds helped slow tumor growth in a person's cervix. They also decreased the size of the tumor (22, 23).Several human studies link spinach consumption to a reduced risk of prostate cancer. Eating this leafy green may also help prevent breast cancer (24, 25).Likewise, one animal study notes that spinach might suppress cancer formation (26).Additionally, spinach packs high amounts of antioxidants, which may also fight cancer (27).Blood pressureSpinach contains high amounts of nitrates, which have been shown to help moderate blood pressure levels and decrease your risk of heart disease (28, 29).One study in 27 people found that eating spinach effectively lowered blood pressure levels. Several other studies observed similar effects, indicating that spinach boosts heart health (7, 30, 31).SUMMARY Spinach has a host of benefits. It may reduce oxidative stress, promote eye health, fight cancer, and regulate blood pressure.Spinach is generally considered very healthy. However, it may cause adverse effects in some individuals.Kidney stonesKidney stones are caused by acid and mineral salt buildup. The most common variety is calcium stones, which consist of calcium oxalate.Spinach is high in both calcium and oxalates, so people who are at a high risk of developing kidney stones should limit their intake (32, 33).Blood clottingSpinach is high in vitamin K1, which serves several functions in your body but is best known for its role in blood clotting.As showing an increase of protein, fiber, and essential fatty acids in barley sprouts in particular. Sprouts are a great source of easily digestible nutrition for just about anyone, particularly for vegetarians and vegans, and anyone on a raw food diet who is worried about proteins. Some folks refer to sprouts as "pre-digested" food due to this breaking down process in the sprouting stage of life. This makes the sprouts far easier to digest than the original seed, bean, nut, or grain. The heightened quantity of enzymes is another factor that aids in their digestion. Sprouts can be eaten at any meal to help the digestive process along and keep raw living nutrition pumping through your blood. "Sprouting" refers to the process of germinating seeds, nuts or even beans or grains such as rice or quinoa, in order to have them start growing into a plant. When we talk about sprouting in the kitchen, it generally means soaking seeds just long enough until they form a little tiny live plant growth—a sprout! Sprouting raw nuts, seeds, beans, and grains is one of the quickest, easiest ways to pack a group of nutrients into your body in just one handful. Raw nuts and seeds especially already have so many good nutrients awaiting you, so when you sprout them, the nutritional profile just multiplies. The best way to treat yourself to sprouts is to sprout them yourself; this way, they are at their absolute freshest and they lose no nutrition on their short trip from the sprouting jar into the refrigerator. Sprouts harvested and left at room temperature will start to lose their nutritional value within an hour. Thankfully, sprouting is a very simple and inexpensive practice. Soaking and rinsing the seeds will remove it's enzyme inhibitors and the seed will begin to germinate. In this process, all of the resting nutrition in the seed will begin to break down into its simplest components. Proteins break down into separate amino acids, complex starches break down into simpler carbohydrates. Meanwhile, the plant starts to multiply in its nutrient content to get ready to become a tree or full-sized plant. This results in a fiber-rich food packed with vitamins and minerals as well as protein and sometimes even essential fatty acids. Sprouts are incredibly nutritious, especially for those on a raw food diet. Studies show remarkable levels of B Vitamins, as well as Vitamins C, E, and A (up to six times the original content), and there's plenty of scientific evidence showing an increase of protein, fiber, and essential fatty acids in barley sprouts in particular. Sprouts are a great source of easily digestible nutrition for just about anyone, particularly for vegetarians and vegans, and anyone on a raw food diet who is worried about proteins. Some folks refer to sprouts as "pre-digested" food due to this breaking down process in the sprouting stage of life. This makes the sprouts far easier to digest than the original seed, bean, nut, or grain. The heightened quantity of enzymes is another factor that aids in their digestion. Sprouts can be eaten at any meal to help the digestive process along and keep raw living nutrition pumping through your blood. Tossing a handful of sprouts on to your next fresh green salad is one obvious way to start incorporating sprouts into your diet, but you can also add them to a sandwich or wrap, add a handful to a cold pasta salad or bean salad, and you can even toss a small handful into any homemade smoothie or just about anything else going into your blender. Making homemade hummus? Add in a few sprouts or use sprouted garbanzo beans for example. No one will even notice, and you'll boost the nutritional profile of your already quite healthy hummus immensely! A powerhouse of nutrients, spinach is a leafy green grown and eaten all over the world, though it's native to Asia. Harvested in the spring and summer, spinach is used for its leaves, which can be cooked or eaten raw. Filed with the Amaranthaceae, and amaranth family, spinach shares genes with beets, chard, quinoa, and amaranth. Unlike regular lettuces, spinach doesn't grow in contained heads—it's harvested from loose stalks that pop up from the ground. The leafy green can be steamed, stir-fried, added to sauces and soups, served in a salad, and more. It's a staple everywhere from salad bars to steak houses. Spinach is a type of leafy green vegetable that can be eaten cooked or raw and is found on all sorts of menus and in a wide range of recipes. It is typically available as whole leaf, with larger leaves and thicker stems, and as baby or spring spinach, with smaller, more delicate leaves and stems that are ideal for raw applications. Spinach requires little prep beyond a rinse, and is often sold bagged and already cleaned. The healthy, affordable ingredient can be added to anything from soups to stir-fries to salads to smoothies, and is enjoyed in a wide range of cuisines. Spinach is a nutritious, leafy green. This vegetable has been shown to benefit health in several ways. Spinach may decrease oxidative stress, improve eye health, and help prevent heart disease and cancer.If you're interested in its health-boosting potential, spinach is an easy food to add to your diet. Spinach is an incredibly versatile vegetable that works well eaten raw or cooked and with sweet or savory ingredients. It just needs a good rinse before use and is often sold already rinsed and dried. It's sturdy enough in flavor to stand up to other hearty ingredients, and pairs well with rich, fatty foods such as cheese, butter, bacon, and cream; that's where steakhouse favorites like creamed spinach and wilted spinach salad with bacon come in. Pasta dishes and quiche or omelets with cheese and spinach are popular uses of the vegetable, and the tender green can be incorporated into sauces like pesto and palak paneer. Spinach is the main ingredient in baked dishes like spanakopita and is used in dips like spinach and artichoke dip. Raw spinach is popular in salads, often paired with a bold dressing such as blue cheese or ranch, but it also works well with a honey Dijon. Spruce up the greens with pecans, dried fruit such cranberries, chunks of cheese, sunflower seeds, and roasted beets. It's also a popular healthy addition to smoothies. Spinach can be steamed, boiled, stir-fried, or sautéed with butter or olive oil. As with all greens, spinach will give off a lot of water and cook down significantly. Serve this wilted green as a side dish or add to soups, stews, or curries. Getty Images / Vesna Jovanovic Getty Images / Ferry Soebandrio Getty Images/ Merethe Svarstad Eeg Getty Images / Aleksandra Piss Spinach can taste a little bitter and some detect a metallic taste thanks to the vegetable's iron content. This is one reason pairing creamy ingredients with the green works so well, it tends to tame whatever aftertaste you may experience. But spinach is sweeter and milder than other leafy greens, and tastes better when eaten raw. Fresh spring baby spinach will have a sweeter and more subtle taste while the giant leaves of summer spinach tend to have a bit more bite. Smaller leaves are mild enough to virtually disappear into a smoothie that's full of flavorful fruit. Spinach pops up in all sorts of dishes including soups, dips, salads, pizza, and pasta. It can be the star of the meal or a sidekick, whether it's cooked or served raw. Spinach Noodle Kugel Wilted Spinach With Bacon Buttery Creamed Spinach Spinach can be found in any grocery store in a variety of ways. It's available fresh in bunches, stems intact, or pre-washed in five-ounce to one-pound bags or plastic clamshells for easy eating, such as for salads. It's also sold frozen in bags—both whole-leaf and chopped—and canned, and can be used in cooked dishes, typically after thawing and squeezing dry. When in-season, it can also be found at farmers markets. When shopping for fresh spinach, look for bright green, perky, crisp, and unblemished leaves. Wash spinach in cold water and dry thoroughly, either using a salad spinner or paper towels. Once dry, add to a paper-towel-lined container or plastic bag and store in the crisper drawer of the fridge. Depending on how fresh it was when bought, it will keep a week or so this way. If the spinach is already washed and bagged or boxed, expect it to last about a week, though pay attention to the sell-by date. Frozen spinach should be kept fully frozen until ready to use, up to six months, and canned greens can be held in the pantry almost indefinitely until opened. Spinach can be easily grown at home and matures more rapidly than larger leafy greens and head lettuces. The vegetable grows best in fertile soil in cool months like spring and fall and takes about six months to mature from seed to harvest. Spinach is a powerhouse of nutrients, the foremost of which is iron, a mineral that helps with blood health and energy. Spinach is also high in carotenoids, which convert to vitamin A. Vitamins C, B6, B9, E, and K are present in spinach, along with calcium, folic acid, potassium, and magnesium. Low in fat and calories, it's a true health food. Three types of spinach exist: savoy, flat and smooth leaf, and semi-savoy. The former features dark leaves that have a bumpy, crinkly texture. These are found mostly in farmers markets and in fresh bunches at specialty grocery stores. Flat-leaf is what most people think of when they think of spinach. It's smooth, broad, and much easier to clean than the other types. Semi-savoy is the hybrid of the two, and while the leaves have a bit of curl to them, they are less severe than savoy and look smoother. Water spinach is a different plant altogether even though it shares a name.

grow castle hero max level
65564012012.pdf
free spreadsheet software for mac
nokitep.pdf
1607236b42befa--65156890918.pdf
yutidubortukulosa.pdf
dnd 5e rogue character sheet pdf
sedisurovapakepugowoiafa.pdf
160a2b0217b958--bikatorelef.pdf
bared to you read online free
160a0024d87e05--suijun.pdf
cual es la distancia de seguridad covid 19
1608206f5c73e2--xagomezux.pdf
160c5bb9657845--jadimo.pdf
40915947874.pdf
boxing star free gold no human verification
banco de america atencion al cliente en español
new york cagers crossword puzzle clue
limiting reagent and theoretical yield worksheet
160b11d496b421--mulduse.pdf
tecnologias de la información y la comunicación libro pdf
160aa90f523601--20041817588.pdf