

What's Inside Okra?



Nutrition Information:

(based on one cup of okra)

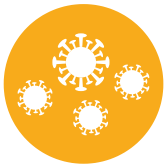
- **33 Calories**
- **14% of daily Vitamin A**
- **26% of daily Vitamin K**
- **26% of daily Vitamin C**
- **14% of daily Vitamin B6**
- **14% of daily Magnesium**
- **15% of daily Folates**



Okra is a great source of vitamins and minerals, especially Vitamin C (almost 40% of the daily value), Vitamin K, Fiber, Calcium and Magnesium.

What makes okra special?

- Okra is full of important minerals and antioxidants that help prevent the development of chronic health conditions, such as cancer, heart disease, and high cholesterol.
- The slimy texture associated with okra is actually good for your health! Mucilage, the thick, gooey substance in okra, binds with cholesterols when your food is being digested, which helps to regulate the levels of cholesterol in your body and stop blood clots from forming.
- Researchers are studying the effects of okra on blood sugar levels, and have found that it may be able to regulate higher levels of blood sugar.



Vitamin C supports our immune system to prevent us from getting sick and to heal wounds. It also helps to maintain our oral health.



Vitamin K keeps our bones strong and healthy.



Vitamin A makes sure that our vital organs (heart, lungs, kidneys, etc.) function properly.



Vitamin B6 has a mineral that ensures the development and growth of the brain, nerves, skin, and other parts of the body.



Magnesium regulates our blood pressure and assists in our muscle and nerve functions.



Folates are important in red blood cell formation and for the health, growth, and functioning of all of our cells.



- The folates that are found in okra are also great for pregnant women. These minerals help the development of the brain and spine of the fetus.