

Spinach

Look: Spinach leaves are dark green and spoon shaped with a prominent stem.

Taste: Spinach has a subtle green vegetable flavor that can sometimes be gritty or metallic in taste due to its high concentration of oxalic acid.

Touch: Spinach leaves range from smooth and crisp to crinkled and tender. When cooked they become soft and velvety.



Spinach consists of 91% water. This is why spinach shrinks drastically when cooked.

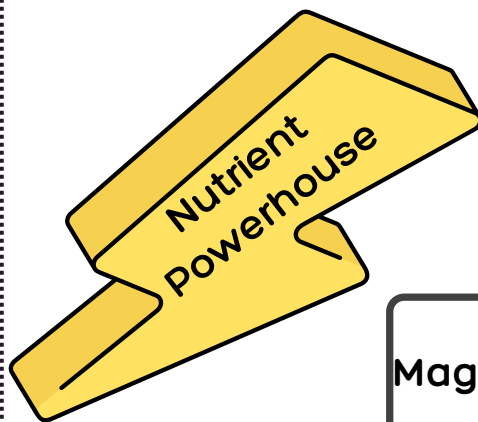


Did you know?

March 26th is celebrated as National Spinach Day.



Health Benefits



Vitamin K

Magnesium

Vitamin A

Iron

Potassium

Protein