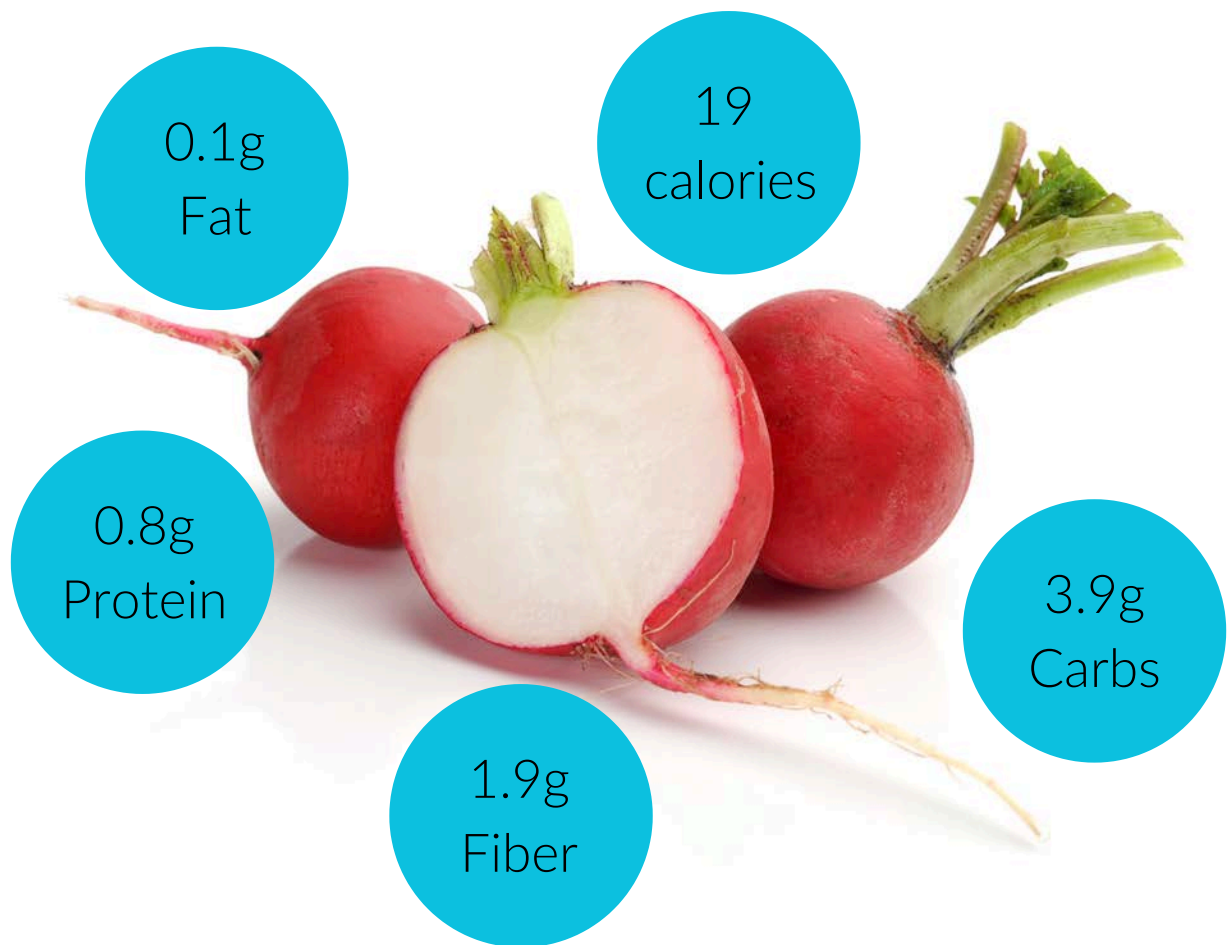


# Radish Nutrition Facts



One cup of radish (116g) contains 19 calories, 3.9 grams of carbohydrates, 1.9 grams of fiber, 0.8 grams of protein, 0.1 grams of fat, and 45mg of sodium. Radishes are low in calories, rich in fiber, and high in antioxidants.

- Calories: 19
- Fat: 0.1g
- Carbohydrates: 3.9g
- Fiber: 1.9g
- Sodium: 45mg
- Protein: 0.8g

# Radish Health Benefits

## May Lower Blood Sugar

Radishes slow sugar absorption and reduce the starch-induced post-meal glycemic load.



## Provides Antioxidants

Radishes contain anthocyanins, which are associated with a lower risk of cardiovascular disease. Antioxidants can help repair oxidative stress caused by free radicals in the body.



## Reduces Risk of Chronic Disease

Radishes contain dietary fiber, which prevents and manages heart disease, high cholesterol, diabetes, and digestive diseases. It may also prevent infection and improve mood and memory.



## Prevents Gallstones

Radishes contain glucosinolate, which can decrease cholesterol levels in the liver and prevent the formation of gallstones.

