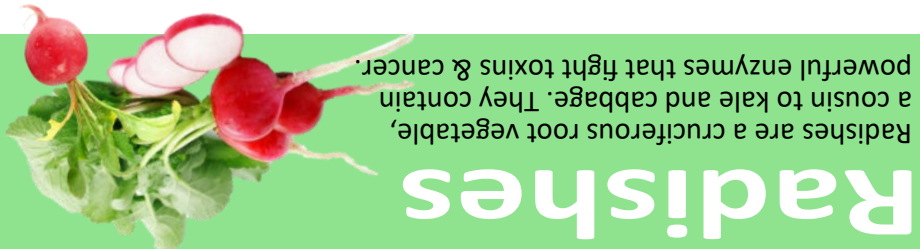




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- 16 Calories, 1 gm protein, 2 gm fiber, no fat or cholesterol
- 3 oz raw or about 10 radishes provides:
- Potential benefits of consuming radishes**
- High in vitamin C which fights against free radicals and aging
- High in B vitamins folate, B6 & riboflavin, and minerals potassium, calcium, magnesium & copper. Good source of dietary fiber
- Contain indoles useful as anti-inflammatory and detoxifying agents which work along with sulforaphane (found in cruciferous vegetables) to reduce risk of prostate, colon, breast & ovarian cancers
- Radishes can be eaten raw with hummus dip, or thinly sliced on salads or try roasting with olive oil, or steamed and used in potato salads or casseroles

## Health Benefits of Radishes



# Radishes

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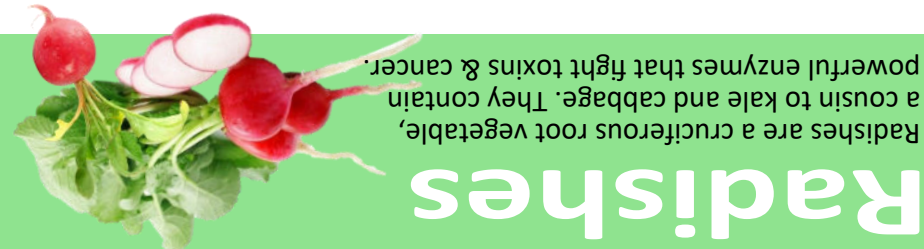
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