



Cilantro

Health Benefits of Cilantro

Also known as coriander, cilantro is both an herb and a spice with antioxidant and anti-inflammatory properties which can also help lower high cholesterol and blood pressure.

1 cup raw cilantro provides:

- 16 calories, <1 gm protein, <1 gm fiber, no fat, no cholesterol

Potential benefits of cilantro:

- Fresh leaves are rich in folate for DNA and RNA, protein metabolism and regulating homocysteine for heart health
- Vitamin K is important for blood clotting and bone health
- Vitamin C and beta-carotene are antioxidants for wound-healing and neutralizing damaging free radicals. Other antioxidants include lutein and zeaxanthin for eye health
- Potassium helps to regulate fluid balance and blood pressure
- Both leaves and stems can be used to make pesto, added to salads or salsa, or as a garnish on tacos and burritos
- Coriander seeds are used for spicing soups, stews and in pickling



Brought to you by the Coos County Food and Nutrition Group, advanced Health and OSU Extension Family & Community Health.



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