



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 often 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 and Community Health.



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