**Rich in nutrients**

Lady Finger boasts an impressive nutrient profile.

One cup (100 grams) of raw Lady Finger contains:

* **Calories:** 33
* **Carbs:** 7 grams
* **Protein:** 2 grams
* **Fat:** 0 grams
* **Fiber:**3 grams
* **Magnesium:**14% of the Daily Value (DV)
* **Folate:** 15% of the DV
* **Vitamin A:**14% of the DV
* **Vitamin C:** 26% of the DV
* **Vitamin K:** 26% of the DV
* **Vitamin B6:** 14% of the DV