Health Benefits

Dill is packed with micronutrients that provide health benefits. For example, a 100-gram serving of dill boosts your [vitamin A](https://www.verywellfit.com/vitamin-a-requirements-and-dietary-sources-2507040) intake. Vitamin A is a fat-soluble vitamin that helps you to maintain healthy vision, skin, immune function, growth, and reproductive health. You'll also get a significant boost of [vitamin C](https://www.verywellfit.com/vitamin-c-requirements-and-dietary-sources-2507041), an important antioxidant that helps your body to resist infection.

Dill is also a good source of fiber, [folate](https://www.verywellfit.com/is-folic-acid-the-same-as-folate-2506553) (important for cell division and production of DNA), calcium for healthy bones, riboflavin for cell function and development, [manganese](https://www.verywellfit.com/manganese-requirements-and-dietary-sources-2507095), and iron.