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**1 (877) 572-5520**



**The Moringa plants are a complete nutrition and are used to fight malnutrition. It is one of the most useful plants in the world...**

### Cooking Moringa

Many parts of the Moringa are edible. The immature seed pods, leaves, mature seeds, and even oil can be eaten. You can add fresh Moringa to almost any recipe.

\*The pods (drumsticks) can eaten fresh, or be chopped up to sauté or be steamed

\*Moringa leaves can be eaten fresh or add them to any salad.

\*The mature seeds can be eaten like peas, roasted like peanuts, or processed to oil.

\*The leaves can be dried and turned into a powder to add to any meal.

\*Cooking Tip~ When cooking try and keep below 140 degrees farenheit, to avoid depleting nutritional value.

### Moringa leaf Nutritional value per 100g/3.5 oz serving

- Energy 64 kcal (270 kJ)
- Carbohydrates 8.28 g
- Dietary fiber 2.0 g
- Fat 1.40 g
- Protein 9.40 g
- Water 78.66 g
- Vitamin A equiv. 378 µg (47%)
- Thiamine (vit. B1) 0.257 mg (22%)
- Riboflavin (vit. B2) 0.660 mg (55%)
- Niacin (vit. B3) 2.220 mg (15%)
- Pantothenic acid (B5) 0.125 mg (3%)
- Vitamin B6 1.200 mg (92%)
- Folate (vit. B9) 40 µg (10%)
- Vitamin C 51.7 mg (62%)
- Calcium 185 mg (19%)
- Iron 4.00 mg (31%)
- Magnesium 147 mg (41%)
- Manganese 0.36 mg (17%)
- Phosphorus 112 mg (16%)
- Potassium 337 mg (7%)
- Sodium 9 mg (1%)
- Zinc 0.6 mg (6%)

# MORINGA

Nutrients	Common food		Moringa Leaves
Vitamin A	Carrot	1.8 mg	6.8 mg
Calcium	Milk	120 mg	440 mg
Potassium	Banana	88 mg	259 mg
Protein	Yogurt	3.1 g	6.7 g
Vitamin C	Orange	30 mg	220 mg

7 X More **Vitamin C** than Oranges

4 X More **Vitamin A** than Carrots

4 X More **Calcium** and 2 X More **Protein** than Milk

3 X More **Potassium** than Bananas

3 X More **Vitamin E** than Spinach

3 X More **Iron** than Almonds