



Geography/History

Baby Spinach is thought to have originated in ancient Persia (modern Iran and neighboring countries). Arab traders carried spinach into India, and then the plant was introduced into ancient China, where it was known as "Persian vegetable" present.

The earliest available record of the spinach plant was recorded in Chinese, stating it was introduced into China via Nepal (probably in 647 AD).



See the table below for in depth analysis of nutrients:
Spinach (*Spinacia oleracea*), raw,
Nutritive value per 100 g.

Principle	Nutrient Value	Percentage of RDA
Energy	23 Kcal	1%
Carbohydrates	3.63 g	3%
Protein	2.86 g	5%
Total Fat	0.39 g	1.5%
Cholesterol	0 mg	0%
Dietary Fiber	2.2 g	6%
Vitamins		
Folates	194 mcg	48.5%
Niacin	0.724 mg	4.5%
Pantothenic acid	0.065 mg	1%
Pyridoxine	0.195 mg	15%
Riboflavin	0.189 mg	14.5%
Thiamin	0.078 mg	6.5%
Vitamin A	9377 IU	312%
Vitamin C	28.1 mg	47%
Vitamin E	2.03 mg	13.5%
Vitamin K	482.9 mcg	402%
Electrolytes		
Sodium	79 mg	5%
Potassium	558 mg	12%
Minerals		
Calcium	99 mg	10%
Copper	0.130 mg	14%
Iron	2.71 mg	34%
Magnesium	79 mg	20%
Manganese	0.897 mg	39%
Zinc	0.53 mg	5%
Phyto-nutrients		
Carotene-β	5626 mcg	--
Crypto-xanthin-β	0 mcg	--
Lutein-zeaxanthin	12198 mcg	--

Description/Taste

Baby Spinach leaves are of the flat-leaf variety and are usually no longer than three inches. These tender, sweet leaves are more expensive and are sold loose rather than in bunches. It is often used in salads, but can also be lightly cooked and stands up well to heat, baking and sautéing.

