

# Basil – Sweet Genovese Microgreens



## Nutrition Fact Sheet

Basil – Sweet Genovese microgreens are aromatic and nutrient rich. The tender young leaves of the sweet basil plant have a fragrant, slightly sweet and aromatic flavour. They are perfect for salads, pizzas, sandwiches, pesto's, garnishes, and adding a fresh herbal note, a burst of fragrance and colour to dishes.

### 1. Macronutrients

Nutrient	Amounts per 100g	Notes
Calories	23kcal	Low calorie
Protein	3.2g	Moderate Source
Fat	0.5g	Very low
Carbohydrates	5g	Mostly complex carbs
Fibre	1.1g	Aids in digestion and promotes satiety.
Water	92g	High water content

### 2. Vitamins & Minerals

Nutrient	Amounts per 100g	Notes
Vitamin A	33% RDA	Eye health and immune support
Vitamin C	49mg (61% RDA)	Boosts immunity and skin health
Vitamin K	382% RDA	Blood clotting and bone health
Vitamin E	1.2mg (8% RDA)	Acts as an antioxidant, protecting cells
Folate (B9)	18% RDA	Important for cell function and DNA synthesis
Calcium	25mg (2% RDA)	Bone health and muscle function
Iron	0.8mg (6% RDA)	Red blood cell formation
Magnesium	1mg (56% RDA)	Muscle formation, metabolism and antioxidant defence
Potassium	262mg (8% RDA)	Regulates fluid balance and muscle contractions.

Also, a source of vitamin E, B1, B2 and B6. These contain flavonoids and polyphenols, powerful antioxidants with anti-inflammatory benefits

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