

Sweet Pea Shoots Microgreens



Nutrition Fact Sheet

Sweet pea shoots are the young, tender tips of the pea plant. These vibrant and flavourful shoots offer a fresh, sweet, and slightly grassy flavour. They are commonly used in salads, stir-fries, sandwiches, and as a garnish, adding both nutrition and a delicate crunch.

1. Macronutrients

Nutrient	Amounts per 100g	Notes
Calories	42kcal	Low calorie
Protein	3.6g	Moderate Source
Fat	0.4g	Very low
Carbohydrates	7g	Mostly complex carbs
Fibre	1.19g	Aids in digestion and promotes satiety.
Water	86g	High water content

2. Vitamins & Minerals

Nutrient	Amounts per 100g	Notes
Vitamin A	43% RDA	Eye health and immune support
Vitamin C	79mg (99% RDA)	Supports immunity
Vitamin K	267% RDA	Blood clotting and bone health
Vitamin E	3.6mg (24% RDA)	Acts as an antioxidant, protecting cells
Folate (B9)	23% RDA	Important for cell function and DNA synthesis
Calcium	45mg (4% RDA)	Bone health and muscle function
Iron	1.5mg (11% RDA)	Red blood cell formation
Magnesium	0.5mg (28% RDA)	Muscle formation, metabolism and antioxidant defence
Potassium	300mg (9% RDA)	Regulates fluid balance and muscle contractions.

Also, a source of vitamin E, B1, B2, B6 and B12. These contain flavonoids and polyphenols, powerful antioxidants with anti-inflammatory benefits, and glucosinolates that may support detoxification and overall health

100% natural and nutritious, hand grown, non-GMO seeds

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