

# Corn Shoots (Yellow Variant) Microgreens



## Nutrition Fact Sheet

Corn shoots (yellow variant) have a sweet, delicate corn-like flavour with a tender texture. They are often used in salads, sandwiches, and as a garnish for their unique taste and beautiful, vibrant appearance.

### 1. Macronutrients

Nutrient	Amounts per 100g	Notes
Calories	33kcal	Low calorie
Protein	2.5g	Moderate Source
Fat	0.3g	Very low
Carbohydrates	4g	Mostly complex carbs
Fibre	1g	Aids in digestion and promotes satiety.
Water	90g	High water content

### 2. Vitamins & Minerals

Nutrient	Amounts per 100g	Notes
Vitamin A	6% RDA	Eye health and immune support
Vitamin C	13mg (16% RDA)	Boosts immunity and skin health
Vitamin K	19% RDA	Blood clotting and bone health
Vitamin E	0.5mg (3% RDA)	Acts as an antioxidant, protecting cells
Folate (B9)	5% RDA	Important for cell function and DNA synthesis
Calcium	18mg (2% RDA)	Bone health and muscle function
Iron	0.9mg (6% RDA)	Red blood cell formation
Magnesium	0.2mg (11% RDA)	Muscle formation, metabolism and antioxidant defence
Potassium	340mg (10% RDA)	Regulates fluid balance and muscle contractions.

Also, a source of vitamin E, B1, B2, B3 and B6. These contain flavonoids, anti-inflammatory and protective compounds. Corn shoots are naturally sweet and contain carotenoids (like lutein and zeaxanthin) which support eye health.

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

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