

# Greek Cress Microgreens



## Nutrition Fact Sheet

Greek cress microgreens are nutrient dense and flavourful. These young, tender leaves of the Greek cress plant have a peppery, slightly tangy flavour. They are ideal for salads, sandwiches, stir-fries, and as a garnish, adding both flavour and nutritional value.

### 1. Macronutrients

Nutrient	Amounts per 100g	Notes
Calories	32kcal	Low calorie
Protein	3g	Moderate Source
Fat	0.5g	Very low
Carbohydrates	5g	Mostly complex carbs
Fibre	2.1g	Aids in digestion and promotes satiety.
Water	89g	High water content

### 2. Vitamins & Minerals

Nutrient	Amounts per 100g	Notes
Vitamin A	22% RDA	Eye health and immune support
Vitamin C	48mg (60% RDA)	Boosts immunity and skin health
Vitamin K	171% RDA	Blood clotting and bone health
Vitamin E	0.9mg (6% RDA)	Acts as an antioxidant, protecting cells
Folate (B9)	15% RDA	Important for cell function and DNA synthesis
Calcium	40mg (4% RDA)	Bone health and muscle function
Iron	1.5mg (11% RDA)	Red blood cell formation
Magnesium	0.7mg (39% RDA)	Muscle formation, metabolism and antioxidant defence
Potassium	500mg (14% 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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