

Micro Mustard – Green Frills Microgreens



Nutrition Fact Sheet

Micro mustard – green frills are a nutrient-dense addition to a balanced diet, offering significant quantities of vitamins like K and C, along with valuable minerals such as manganese and iron. They are young, tender leaves of the mustard plant, with a slightly spicy, peppery flavour. They are perfect for adding a zesty kick to salads, sandwiches, stir-fries, and as a garnish.

1. Macronutrients

Nutrient	Amounts per 100g	Notes
Calories	27kcal	Low calorie
Protein	3.4g	Moderate Source
Fat	0.6g	Very low
Carbohydrates	4g	Mostly complex carbs
Fibre	1.2g	Aids in digestion and promotes satiety.
Water	90g	High water content

2. Vitamins & Minerals

Nutrient	Amounts per 100g	Notes
Vitamin A	46% RDA	Eye health and immune support
Vitamin C	92mg (115% RDA)	Boosts immunity and skin health
Vitamin K	287% RDA	Blood clotting and bone health
Vitamin E	2.7mg (18% RDA)	Acts as an antioxidant, protecting cells
Folate (B9)	15% RDA	Important for cell function and DNA synthesis
Calcium	50mg (5% RDA)	Bone health and muscle function
Iron	1.2mg (9% RDA)	Red blood cell formation
Magnesium	1.1mg (61% RDA)	Muscle formation, metabolism and antioxidant defence
Potassium	298mg (9% 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

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

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