

Lemon Balm Microgreens



Nutrition Fact Sheet

Lemon balm microgreens are the fragrant, young, tender leaves of the lemon balm plant, with a refreshing, mild citrus flavour. They can be used in salads, sandwiches, soups, pasta dishes, teas, desserts, and even as a cocktail garnish, adding a subtle citrus note and a boost of nutrition.

1. Macronutrient

Nutrient	Amounts per 100g	Notes
Calories	42kcal	Low calorie
Protein	3.5g	Moderate Source
Fat	0.3g	Very low
Carbohydrates	7g	Mostly complex carbs
Fibre	0.9g	Aids in digestion and promotes satiety.
Water	90g	High water content

2. Vitamins & Minerals

Nutrient	Amounts per 100g	Notes
Vitamin A	14% RDA	Eye health and immune support
Vitamin C	58mg (73% RDA)	Boosts immunity and skin health
Vitamin K	276% RDA	Blood clotting and bone health
Vitamin E	1.1mg (7% RDA)	Acts as an antioxidant, protecting cells
Folate (B9)	10% RDA	Important for cell function and DNA synthesis
Calcium	85mg (9% RDA)	Bone health and muscle function
Iron	1.2mg (9% RDA)	Red blood cell formation
Magnesium	0.5mg (28% RDA)	Muscle formation, metabolism and antioxidant defence
Potassium	320mg (9% RDA)	Regulates fluid balance and muscle contractions.

Also, a source of vitamin E, B1, B2 and B6. These contain zinc, manganese, phosphorus and copper, and flavonoids and polyphenols which are powerful antioxidants with anti-inflammatory benefits

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

www.thehappygreensco.uk

email: info@thehappygreensco.uk