

Leaf Beet – Bulls Blooded Vancouver Microgreens



Nutrition Fact Sheet

Leaf beet – Bulls Blood microgreens are packed with essential nutrients. They are young, tender leaves of the beet plant, with deep red and green colouring and a mild, earthy, slightly sweet flavour. They are perfect for salads, sandwiches, smoothies, and as a colourful garnish, adding both nutrition and visual appeal.

1. Macronutrients

Nutrient	Amounts per 100g	Notes
Calories	43kcal	Low calorie
Protein	2g	High Source
Fat	0.2g	Very low
Carbohydrates	6g	Mostly complex carbs
Fibre	1.5g	Aids in digestion and promotes satiety.
Water	90g	High water content

2. Vitamins & Minerals

Nutrient	Amounts per 100g	Notes
Vitamin A	47% RDA	Eye health and immune support
Vitamin C	30mg (38% RDA)	Boosts immunity and skin health
Vitamin K	476% RDA	Blood clotting and bone health
Vitamin E	0.8mg (5% RDA)	Acts as an antioxidant, protecting cells
Folate (B9)	28% RDA	Important for cell function and DNA synthesis
Calcium	51mg (5% RDA)	Bone health and muscle function
Iron	1.8mg (13% RDA)	Red blood cell formation
Magnesium	1.1mg (61% RDA)	Muscle formation, metabolism and antioxidant defence
Potassium	440mg (13% 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

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

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