

Coriander Splits Microgreens



Nutrition Fact Sheet

Coriander splits microgreens are the tender shoots of the coriander (cilantro) plant, grown from split seeds to encourage even germination. They have a fresh, citrusy, and slightly peppery flavour with a delicate aroma. These microgreens add a fragrant lift to curries, salads, tacos, and soups — bringing both taste and health benefits.

1. Macronutrients

Nutrient	Amounts per 100g	Notes
Calories	25kcal	Low calorie
Protein	2.3g	Moderate Source
Fat	0.5g	Very low
Carbohydrates	4.0g	Mostly complex carbs
Fibre	1.7g	Aids in digestion and promotes satiety.
Water	92g	High water content

2. Vitamins & Minerals

Nutrient	Amounts per 100g	Notes
Vitamin A	105% RDA	Eye health and immune support
Vitamin C	28mg (31% RDA)	Boosts immunity and skin health
Vitamin K	225% RDA	Blood clotting and bone health
Vitamin E	2.2mg (15% RDA)	Acts as an antioxidant, protecting cells
Vitamin B6	10%	Metabolism and brain function
Folate (B9)	13% RDA	Important for cell function and DNA synthesis
Calcium	65mg (7% RDA)	Bone health and muscle function
Iron	1.8mg (12% RDA)	Red blood cell formation
Magnesium	55mg (14% RDA)	Muscle formation, metabolism and antioxidant defence
Potassium	510mg (11% RDA)	Regulates fluid balance and muscle contractions.

Also, a source of vitamins Riboflavin, Niacin and Pantothenic acid. These contain polyphenols which protect against inflammation and chronic disease, phosphorus for bone strength and density and pigments for eye and skin protection, detoxification and wound healing

100% natural and nutritious, hand grown, non-GMO seeds
www.thehappygreensco.uk
email: info@thehappygreensco.uk