

Broccoli Microgreens



Nutrition Fact Sheet

Broccoli microgreens have a mild, slightly peppery flavour, like mature broccoli but more delicate. Their crunchy texture adds a refreshing element to dishes, making them a versatile ingredient. These can be used in a variety of foods, including salads, sandwiches, and wraps, or added to omelettes, grain bowls and smoothies for a nutrient boost.

1. Macronutrients

Nutrient	Amounts per 100g	Notes
Calories	35kcal	Low calorie
Protein	2.8g	Moderate Source
Fat	0.4g	Very low
Carbohydrates	6g	Mostly complex carbs
Fibre	1g	Aids in digestion and promotes satiety.
Water	92g	High water content

2. Vitamins & Minerals

Nutrient	Amounts per 100g	Notes
Vitamin A	4% RDA	Eye health and immune support
Vitamin C	89.2mg (111% RDA)	Boosts immunity and skin health
Vitamin K	97% RDA	Blood clotting and bone health
Vitamin E	0.8mg (5% RDA)	Acts as an antioxidant, protecting cells
Folate (B9)	15% RDA	Important for cell function and DNA synthesis
Calcium	47mg (5% RDA)	Bone health and muscle function
Iron	0.7mg (5% RDA)	Red blood cell formation
Magnesium	0.25mg (14% RDA)	Muscle formation, metabolism and antioxidant defence
Potassium	420mg (12% RDA)	Regulates fluid balance and muscle contractions.

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

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

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