

Red Cabbage Microgreens



Nutrition Fact Sheet

Red cabbage microgreens are vibrant young shoots with deep purple-red leaves and crisp stems. They have a mildly peppery and slightly sweet flavour, adding both crunch and a splash of colour to dishes. Rich in antioxidants and phytonutrients, they are a nutritious way to enhance meals. They work beautifully in salads, sandwiches, wraps, smoothies, grain bowls, tacos, stir-fries, and as garnishes on soups or roasted vegetables. Their striking colour and nutrient density make them both visually appealing and health-promoting.

1. Macronutrients

Nutrient	Amounts per 100g	Notes
Calories	30kcal	Low calorie
Protein	3.0g	Moderate Source
Fat	0.3g	Very low
Carbohydrates	5.0g	Mostly complex carbs
Fibre	2.0g	Aids in digestion and promotes satiety.
Water	90g	High water content

2. Vitamins & Minerals

Nutrient	Amounts per 100g	Notes
Vitamin A	39% RDA	Eye health and immune support
Vitamin C	45mg (50% RDA)	Boosts immunity and skin health
Vitamin K	167% RDA	Blood clotting and bone health
Vitamin E	1.5mg (10% RDA)	Acts as an antioxidant, protecting cells
Vitamin B6	0.2mg (12% RDA)	Metabolism and brain function
Folate (B9)	14% RDA	Important for cell function and DNA synthesis
Calcium	50mg (5% RDA)	Bone health and muscle function
Iron	1.8mg (12% RDA)	Red blood cell formation
Magnesium	55mg (13% RDA)	Muscle formation, metabolism and antioxidant defence
Potassium	400mg (9% RDA)	Regulates fluid balance and muscle contractions.

Also, a source of vitamins Riboflavin (B2) and Niacin (B3) and Zinc. 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

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