

Wasabina Mustard Microgreens



Nutrition Fact Sheet

Wasabina mustard microgreens are young, tender shoots with vibrant green leaves and a mild spicy, wasabi-like flavour that is less intense than mature mustard greens. They are packed with nutrients and add a zesty, fresh kick to dishes. These microgreens are excellent for salads, sandwiches, wraps, tacos, sushi, grain bowls, stir-fries, and as garnishes on soups or roasted vegetables. Their bold flavour and bright colour make meals visually appealing while providing a concentrated source of vitamins, minerals, and antioxidants.

1. Macronutrients

Nutrient	Amounts per 100g	Notes
Calories	28kcal	Low calorie
Protein	3.0g	Moderate Source
Fat	0.3g	Very low
Carbohydrates	4.5g	Mostly complex carbs
Fibre	1.8g	Aids in digestion and promotes satiety.
Water	92g	High water content

2. Vitamins & Minerals

Nutrient	Amounts per 100g	Notes
Vitamin A	56% RDA	Eye health and immune support
Vitamin C	30mg (33% RDA)	Boosts immunity and skin health
Vitamin K	183% RDA	Blood clotting and bone health
Vitamin E	2.0mg (13% RDA)	Acts as an antioxidant, protecting cells
Vitamin B6	0.2mg (12% RDA)	Metabolism and brain function
Folate (B9)	13% RDA	Important for cell function and DNA synthesis
Calcium	60mg (6% RDA)	Bone health and muscle function
Iron	1.7mg (12% RDA)	Red blood cell formation
Magnesium	55mg (14% 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), Copper 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

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

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