

Micro Watercress Microgreens



Nutrition Fact Sheet

Watercress microgreens are delicate, vibrant green shoots with a peppery, slightly tangy flavour and crisp texture. They are packed with vitamins, minerals, and antioxidants, making them one of the most nutrient-dense microgreens available. Perfect for salads, sandwiches, wraps, omelettes, smoothies, soups, grain bowls, and as garnishes on fish or roasted vegetables. Their bright flavour adds freshness and a subtle spice, while their nutritional profile supports immunity, heart health, and overall well-being.

1. Macronutrients

Nutrient	Amounts per 100g	Notes
Calories	25kcal	Low calorie
Protein	2.3g	Moderate Source
Fat	0.4g	Very low
Carbohydrates	3.5g	Mostly complex carbs
Fibre	1.6g	Aids in digestion and promotes satiety.
Water	94g	High water content

2. Vitamins & Minerals

Nutrient	Amounts per 100g	Notes
Vitamin A	53% RDA	Eye health and immune support
Vitamin C	40mg (44% RDA)	Boosts immunity and skin health
Vitamin K	208% 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	60mg (6% RDA)	Bone health and muscle function
Iron	2.0mg (14% RDA)	Red blood cell formation
Magnesium	55mg (14% RDA)	Muscle formation, metabolism and antioxidant defence
Potassium	420mg (14% 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

www.thehappygreensco.uk

email: info@thehappygreensco.uk