

# Leaf Beet Bulls Blood Olympia Red Microgreens



## Nutrition Fact Sheet

Leaf beet microgreens (Bull's Blood, Olympia Red) are striking with their deep red stems and mild earthy beet flavour. They contain are rich in betalains; powerful antioxidants that support detoxification and reduce inflammation. They are used in salads, grain bowls, wraps, with a cheese board and paired with goat's cheese or feta and as garnishes for their vibrant colour and nutritional punch.

### 1. Macronutrients

Nutrient	Amounts per 100g	Notes
Calories	32kcal	Low calorie
Protein	3.3g	Moderate Source
Fat	0.4g	Very low
Carbohydrates	6.5g	Mostly complex carbs
Fibre	2.0g	Aids in digestion and promotes satiety.
Water	86g	High water content

### 2. Vitamins & Minerals

Nutrient	Amounts per 100g	Notes
Vitamin A	35% RDA	Eye health and immune support
Vitamin C	30mg (33% RDA)	Boosts immunity and skin health
Vitamin K	333% RDA	Blood clotting and bone health
Vitamin E	1.9mg (16% RDA)	Acts as an antioxidant, protecting cells
Folate (B9)	12% RDA	Important for cell function and DNA synthesis
Calcium	114mg (11% RDA)	Bone health and muscle function
Iron	2.5mg (14% RDA)	Red blood cell formation
Magnesium	70mg (17% RDA)	Muscle formation, metabolism and antioxidant defence
Potassium	500mg (11% RDA)	Regulates fluid balance and muscle contractions.

Also, a source of vitamins B1, B2, B3 and B6. These contain polyphenols which protect against inflammation and chronic disease, phosphorus for bone strength and density

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