

Radish Rioja Microgreens



Nutrition Fact Sheet

Radish Rioja microgreens are vibrant, ruby-stemmed young shoots with small, heart-shaped green leaves and a distinct peppery, slightly spicy flavour that adds instant freshness and colour to any dish. These microgreens pair beautifully with avocado toast, eggs, soups, noodle dishes, tacos, wraps, and grilled meats, and add a lively crunch to salads and sandwiches. They're also excellent sprinkled over stir-fries, Buddha bowls, or sushi for a bold pop of flavour and visual appeal.

1. Macronutrients

Nutrient	Amounts per 100g	Notes
Calories	35kcal	Low calorie
Protein	3.5g	Moderate Source
Fat	0.4g	Very low
Carbohydrates	5.5g	Mostly complex carbs
Fibre	2.0g	Aids in digestion and promotes satiety.
Water	91g	High water content

2. Vitamins & Minerals

Nutrient	Amounts per 100g	Notes
Vitamin A	50% RDA	Eye health and immune support
Vitamin C	35mg (39% RDA)	Boosts immunity and skin health
Vitamin K	100% 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)	11% RDA	Important for cell function and DNA synthesis
Calcium	45mg (5% RDA)	Bone health and muscle function
Iron	1.6mg (10% RDA)	Red blood cell formation
Magnesium	55mg (13% RDA)	Muscle formation, metabolism and antioxidant defence
Potassium	320mg (7% 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

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

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