



# Microgreen and Sprout Nutritional Data

All data presented below is based on seed supplier information.

Pea Shoot,

Radish

Sunflower

Coriander (Cilantro)

Red Cabbage

Arugula

Garlic chive sprouts

Dill

Fennel

Mustard

Wheat Grass

Curly Cress

Kale

Broccoli

Thai Basil

Alfalfa

Red clover sprouts

Fenugreek sprouts

**More Info  
coming soon!**