

MICROGREEN NUTRITION | Vegetables vs. Microgreens

How do the microgreens stack up according to science?

PRODUCT	Amount per 100 grams of Produce				
	Vitamin K (mcg)	Vitamin C (mg)	Beta Carotene (mg)	Lutein (mg)	Vitamin E (mg)
Arugula	108	15.0	1.4	3.6	0.4
Arugula Microgreen	160	45.8	7.5	5.4	19.1
Red Beet (cooked)	0	3.6	0.0	0.0	0.0
Red Beet Microgreen	190	28.8	7.7	5.5	34.5
Red Radish (raw)	2	14.8	4.0	0.0	0.0
Radish Microgreen	180	95.8	5.4	4.9	19.7
Cilantro	310	27.0	0.3	0.9	2.5
Cilantro Microgreen	250	40.6	11.7	10.1	53.0
Fresh Basil	410	18.0	3.1	5.7	0.8
Basil Microgreen	320	71.0	8.4	6.6	19.9
Green Peas	30	47.9	0.6	0.7	0.4
Pea Tendrils	310	50.5	8.2	7.3	35.0
Popcorn (air popped)	0	0.0	0.1	1.4	0.3
Popcorn Shoot	90	31.8	0.6	1.3	7.8
Red Cabbage (raw)	40	57.0	0.7	0.3	0.1
Cabbage Microgreen	280	147.0	11.5	8.6	24.1
Mustard Greens (cooked)	260	70.0	1.8	3.7	2.0
Mustard Microgreen	190	62.2	6.5	4.9	22.1

References: <http://doi.org/10.1021/jf401802n>, <http://doi.org/10.1021/jf300459b>,
<http://doi.org/10.17660/ActaHortic.2012.956.78>, <http://dx.doi.org/10.1016/j.jfca.2016.04.006>

