

Nutritional Profile of a few types of Microgreens

Microgreens are considered a functional food, a food that promotes health and prevents disease. Reliable research about using microgreens to treat or prevent specific diseases is not yet available, however current research has shown that microgreens contain a **4-40% higher concentration of most micronutrients when compared with the mature, fully grown vegetable** or herb.

Consuming plant-based foods of all kinds has been linked to a reduced risk of many health conditions, such as obesity, diabetes, heart disease, and high blood pressure, as well as a healthy complexion, increased energy, lower weight, and longer life expectancy.

Many children, youth and adults do not consume a sufficient amount of vegetables per day for many reasons including access, cost, convenience, and taste preference. In the past 15 years there has been a drop of nearly 50% in the amount of vegetables eaten by children ages 1-10, and research shows that only 2% of high-school age youth eat enough vegetables. Microgreens can help. Microgreens provide a huge return in terms of nutrients, as well as having a very inviting and pleasing taste.

Microgreens are packed with antioxidants, and each variety has a different nutritional profile. Here are a few of the microgreens that The Mighty Microgreen makes available, as well as their basic nutritional profile.

Amaranth- Amaranth was a staple of pre-Colombian Aztecs where it was a valued part of ceremonies. As a microgreen, it has a pleasant, earthy taste, but its most endearing value is its beauty. *Nutrients include: 16% protein, rich in lysine; thiamine, niacin, calcium, potassium, iron, manganese, zinc, and copper, and a good source of vitamins A and C and folate.*

Broccoli - Broccoli is an antioxidant-rich green with a milder, pleasant flavor than. *Nutrients include: High in sulforaphane, antioxidants, Vitamins A and C, calcium, iron, and phosphorus.*

Buckwheat- From the sorrel family, buckwheat greens are delicate and mild in flavor- and have NO wheat or gluten, despite the name. Also known as buckwheat

lettuce, they are often included in green smoothies, especially when combined with sunflower and pea.

Because of their mild flavor, they can be used where a stronger flavor is not desired. *Nutrients include: rich in lecithin, iron, boron and calcium. It contains all of the B vitamins, C, and K, folic acid, magnesium, manganese, and selenium. One of the most complete sources of vegetable protein, containing all eight essential amino acids.*

Pea- Pea microgreens taste like fresh pea pods. With seven times the vitamin C of blueberries and eight times the folic acid of bean sprouts, pea shoot microgreens are a favorite not only for their fresh taste, but for their high nutritional content. *Nutrients include: good source of beta carotene, high in vitamin C and folate, chlorophyll, flavonoids and polyphenols, specifically lignans and coumetarols, which are being studied for their anticarcinogenic and anti-inflammatory activities. 17% protein.*

Radish- Radish microgreens are substantial and crunchy. A great choice to add color and flavor to many dishes, especially those that include grains such as pizza, sushi, sandwiches, and rice bowls. *Nutrients include: Vitamins A, B, C, E, K, Calcium, Iron, Magnesium, Phosphorus, Potassium, Zinc, Amino Acids, Carotene, Chlorophyll, Antioxidants, Protein: 30%*

Sunflower- These microgreens are crunchy with a mild, pleasant nutty flavor. They are equally good with sweet and savory foods. They make an excellent snack and are a favorite of children. *Nutrients: Vitamins A, B complex, D, and E, calcium, iron, magnesium, potassium, and phosphorus. 20% protein*

For further information, refer to the research paper:

https://www.researchgate.net/publication/267354000_Microgreens_Assessment_of_Nutrient_Concentrations