

MICROGREEN NUTRITION



HOW DO MICROGREENS STACK UP
AGAINST FULL SIZED VEGETABLES?

Nutrient	Cilantro Microgreen	Cilantro
Vitamin C	40 mg	27.0 mg
Vitamin E	53 mg	2.50 mg
Vitamin K	200-400 mcg	310 mcg
Carotenoids	12 mg	< 1 mg



Nutrient	Red Cabbage Microgreen	Red Cabbage
Vitamin C	146 mg	57 mg
Vitamin E	24 mg	< 1 mg
Vitamin K	280 mcg	< 1 mg
Carotenoids	12 mg	< 1 mg

Data from: Xiao et al. 2013 [dx.doi.org/10.1021/jf300459b](https://doi.org/10.1021/jf300459b) | J. Agric. Food Chem. 2012, 60, 7644–7651 and the USDA National Nutrient Database, retrieved 5/13/2016