

Comparison of Nutritional Value: Microgreen Versus Mature Vegetable

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Vegetables	Types	Vitamin K ₁	Vitamin C	Provitamin A	Carotenoids	Violaxanthin	Vitamin E	Vitamin E
Garnet amaranth	Micros	4.1±0.0	1316±29	86±3	84±1	44±1	171±21	112±13
Common amaranth	Maturity	11.4	433					
Arugula	Micros	1.6±0.1	458±30	75±4	54±2	26±1	191±43	71±24
	Maturity	1.086	150				4.3	
Green basil	Micros	3.2±0.1	710±27	84±4	66±3	27±2	199±3	60±4
	Maturity							
Opal basil	Micros	2.0±0.1	908±27	61±4	53±3	20±0	240±21	83±8
	Maturity							
Bull's blood beet	Micros	2.0±0.1	464±30	53±8	43±7	23±1	185±25	50±7
Common beet	Maturity	0.002	49				0.4	
Red beet	Micros	1.9±0.1	288±4	77±1	55±0	37±0	345±23	83±6
Common beet	Maturity	0.002	49				0.4	
Red cabbage	Micros	2.8±0.1	1470±36	115±12	86±10	29±3	241±55	103±31
	Maturity	0.382	570				1.1	
Celery	Micros	2.2±0.1	458±31	56±1	50±1	26±1	187±51	61±14
	Maturity	0.293	31				2.7	
Cilantro	Micros	2.5±0.1	406±24	117±11	101±3	77±6	530±135	125±20
	Maturity	3.1	270				25	
Corn shoots	Micros	0.9±0.0	318±7	6±1	13±1	9±1	78±1	35±0
	Maturity							
Purple kohlrabi	Micros	2.3±0.1	628±73	57±2	40±1	15±0	138±10	56±4
Common kohlrabi	Maturity	0.001	620				4.8	
Mizuna	Micros	2.0±0.0	429±16	76±4	52±3	24±1	250±37	96±14
	Maturity							
Pea tendrils	Micros	3.1±0.2	505±9	82±11	73±12	39±14	350±68	83±20
	Maturity							

Vegetables	Types	Vitamin K ₁	Vitamin C	Provitamin A	Carotenoids	Violaxanthin	Vitamin E	Vitamin E
Golden pea tendrils	Micros	0.7±0.0	251±7	6±0	27±0	10±1	49±3	30±2
	Maturity							
Purple mustard	Micros	1.3±0.1	721±46	56±4	64±19	10±2	186±13	70±7
Mustard greens	Maturity	2.575	700				20.1	
Red mustard	Micros	1.9±0.1	622±26	65±4	49±3	17±1	221±19	82±7
	Maturity							
Red orach	Micros	0.7±0.0	454±9	63±3	39±2	32±2	183±28	70±9
	Maturity							
Peppercress	Micros	2.4±0.2	572±16	111±6	77±4	31±2	412±37	145±14
	Maturity							
China rose radish	Micros	1.8±0.1	958±103	54±5	49±4	19±1	197±31	75±11
	Maturity							
Green daikon radish	Micros	1.9±0.1	707±27	61±1	45±1	17±0	874±159	394±78
Oriental radish	Maturity	0.003	220				0	
Opal radish	Micros	2.2±0.2	901±27	63±10	55±9	23±4	477±146	167±53
Common radish	Maturity	0.013	148				0	
Red sorrel	Micros	3.3±0.0	567±14	121±6	88±2	36±1	218±12	77±5
	Maturity							
Sorrel	Micros	1.7±0.1	204±5	52±10	42±8	13±3	93±15	31±5
	Maturity							
Magenta spinach	Micros	0.6±0.0	416±8	53±3	32±2	37±5	142±33	51±8
Common spinach	Maturity	4.829	281				20.3	
Wasabi	Micros	1.9±0.1	448±19	85±2	66±3	22±2	187±29	76±10
Wasabi root	Maturity		419					

Nutritional Value: µg/g Fresh Weight

References:

Xiao, Z., G.E. Lester, Y. Luo, and Q. Wang. 2012. Assessment of vitamin and carotenoid concentrations of emerging food products: Edible microgreens. *Journal of Agricultural Food Chemistry*. 60: 7644-7651.