

Sprout Nutrition

Alfalfa

- Vitamin A
- Vitamin B
- Vitamin C
- Vitamin E
- Vitamin K
- Vitamin B6
- Riboflavin
- Folate
- Magnesium
- Phosphorus
- Zinc
- Copper
- Manganese
- Thiamin
- Pantothenic Acid
- Calcium
- Iron
- Potassium
- Carotene
- High in Chlorophyll
- High Antioxidant
- High in phytoestrogens
- 10 calories per 1 cup
- Protein 1.3 g per 1 cup (43% protein per 1 cup)
- Fat .23 g per 1 cup (17% fat per 1 cup)
- Carbs 1.25 g per 1 cup (41% carbs per 1 cup)
- Dietary Fiber 3% per 1 cup
- Cholesterol 0g

Arugula

- Vitamin A
- Vitamin B
- Vitamin B6
- Vitamin C
- Vitamin E
- Calcium
- Iron
- Magnesium

- Niacin
- Phosphorus
- Potassium
- Antioxidants
- Amino Acids
- 4 calories per 1 cup
- Protein .52 g per 1 cup (66% protein per 1 cup)
- Fat .14 g per 1 cup (38% fat per 1 cup)
- Carbs .72 g per 1 cup (47% per 1 cup)
- Dietary Fiber 1% per 1 cup
- Cholesterol 0g

Adzuki

- Vitamin A
- Vitamin B
- Vitamin C
- Vitamin E
- Calcium
- Iron
- Niacin
- Amino Acids not Tryptophan
- 62 calories per 1 cup
- Protein 6.23 g per 1 cup (32% protein 1 cup)
- Fat .37 g per 1 cup (4% fat per 1 cup)
- Carbs 12.18g per 1 cup (64% per 1 cup)
- Dietary Fiber 13% per 1 cup
- Cholesterol 0g

Garbanzo

- Vitamin A
- Vitamin C
- Calcium
- Folate
- Iron
- Magnesium
- Phosphorus
- Amino Acids
- 62 calories per 1 cup
- Protein 6.23 g per 1 cup (32% protein 1 cup)
- Fat .37 g per 1 cup (4% fat per 1 cup)
- Carbs 12.18g per 1 cup (64% per 1 cup)
- Dietary Fiber 13% per 1 cup
- Cholesterol 0g

Mung Bean

- Vitamin A
- Vitamin B
- Vitamin B6
- Vitamin C
- Vitamin E
- Vitamin K
- Riboflavin
- Folate
- Copper
- Manganese
- Calcium
- Iron
- Magnesium
- Potassium
- Thiamin
- Niacin
- Pantothenic Acid
- Phosphorus
- Potassium
- Amino Acids
- 31 calories per 1 cup
- Protein 3.16g per 1 cup (32% per 1 cup)
- Fat .19 g per 1 cup (4% per 1 cup)
- Carbs 6.18 g per 1 cup (63% per 1 cup)
- Dietary Fiber 7%
- Cholesterol 0g

Broccoli

- Vitamin A
- Vitamin B
- Vitamin B6
- Vitamin C
- Vitamin E
- Vitamin K
- Folate
- Calcium
- Iron
- Magnesium
- Phosphorus
- Potassium
- Zinc
- Carotene
- Chlorophyll
- Amino Acids

- Antioxidants
- Sulforaphane
- 35 calories per 1 cup
- Protein 2g per 1 cup (25% per 1 cup)
- Fat .5g per 1 cup (15% fat per 1 cup)
- Carbs 5g per 1 cup (62% per 1 cup)
- Dietary Fiber per 1 cup 14%
- Cholesterol 0g

Whole Buckwheat for Buckwheat Greens

- Vitamin A
- Vitamin B6
- Vitamin C
- Calcium
- Chlorophyll
- Iron
- Magnesium
- Lecithin
- Potassium
- Amino Acids
- Protein
- Dietary Fiber
- 0g Cholesterol

Red Cabbage

- Vitamin A
- Vitamin B
- Vitamin C
- Vitamin E
- Vitamin K
- Calcium
- Iron
- Magnesium
- Phosphorus
- Potassium
- Zinc
- Carotene
- Chlorophyll
- Amino Acids
- Antioxidants
- Protein
- Dietary Fiber
- 0g Cholesterol

Chia SEED (not sprouted - just the seed) 2 TABLESPOONS

- Vitamin A
- Vitamin B
- Vitamin C
- Vitamin E
- Thiamine
- Niacin
- Calcium
- Iron
- Magnesium
- Manganese
- Phosphorus
- Zinc
- Riboflavin
- Folate
- Amino Acids
- Antioxidants
- 139 calories in 2 Tablespoons 28 g
- Protein 4g in 2 Tablespoons 28g (11% protein in 2 Tablespoons 28 g)
- Fat 9g in 2 Tablespoons 28 g (56% fat in 2 Tablespoons 28 g)
- Carbs 12g in 2 Tablespoons 28 g (33% Carbs in 2 Tablespoons 28 g)
- Dietary Fiber 39%
- Cholesterol 0 g

Crimson Clover

- Vitamin A
- Vitamin B
- Vitamin C
- Vitamin K
- Calcium
- Iron
- Phosphorus
- Zinc
- Selenium
- Magnesium
- Amino Acids
- Carotene
- Chlorophyll
- Antioxidants
- Potassium
- Protein
- Dietary Fiber

- Cholesterol 0 g

Red Clover

- Vitamin A
- Vitamin B
- Vitamin C
- Vitamin E
- Vitamin K
- Calcium
- Iron
- Magnesium
- Phosphorus
- Potassium
- Zinc
- Carotene
- Chlorophyll
- Amino Acids
- Protein
- Dietary Fiber
- Cholesterol 0 g

Curly Cress

- Vitamin A
- Vitamin B
- Vitamin C
- Vitamin E
- Iron
- Folic Acid
- Calcium
- In the seed: arachidic and linoleic fatty acids
- Magnesium
- Niacin
- Phosphorus
- Potassium
- All essential amino acids
- Antioxidants
- Protein
- 16 calories in 1 cup
- Protein 1.3g in 1 cup (27% protein in 1 cup)
- Fat .35 g in 1 cup (16% fat in 1 cup)
- Carbs 2.7g in 1 cup (57% Carbs in 1 cup)
- Dietary Fiber 2%
- Cholesterol 0 g

Fenugreek

- Vitamin A
- Vitamin B6
- Vitamin C
- Vitamin E
- Calcium
- Iron
- Magnesium
- Phosphorus
- Potassium
- Zinc
- Carotene
- Chlorophyll
- Amino Acids
- Dietary Fiber
- 0g Cholesterol
- Protein

Garlic

- Vitamin A
- Vitamin B
- Vitamin B6
- Vitamin E
- Riboflavin
- Folate
- Calcium
- Iron
- Magnesium
- Potassium
- Copper
- Manganese
- Thiamine
- Niacin
- Pantothenic Acid
- Phosphorus
- Zinc
- Amino Acids
- Protein
- Dietary Fiber
- 0g Cholesterol

Kale

- Vitamin A
- Vitamin B
- Vitamin B6
- Vitamin C
- Vitamin E
- Vitamin K
- Folate
- Phosphorus
- Potassium
- Magnesium
- Dietary Fiber
- Calcium
- Iron
- Zinc
- Antioxidants
- Protein
- Dietary Fiber
- 0g Cholesterol

All Lentils

- Vitamin A
- Vitamin B
- Vitamin C
- Vitamin E
- Folate
- Manganese
- Thiamin
- Iron
- Phosphorus
- Copper
- Calcium
- Niacin
- Amino Acids
- Protein
- Dietary Fiber
- 0g Cholesterol

Yellow Mustard

- Vitamin A
- Vitamin C

- Vitamin E
- Vitamin K
- Folate
- Niacin
- Riboflavin
- Thiamin
- Sodium
- Potassium
- Calcium
- Copper
- Iron
- Magnesium
- Manganese
- Zinc
- Antioxidants
- Protein
- Dietary Fiber
- 0g Cholesterol

Speckled Pea

- Vitamin A
- Vitamin B
- Vitamin C
- Vitamin E
- Calcium
- Chlorophyll
- Iron
- Magnesium
- Niacin
- Phosphorus
- Potassium
- Amino Acids
- Protein
- Dietary Fiber
- 0g Cholesterol

All Radishes

- Vitamin A
- Vitamin B6
- Vitamin C
- Vitamin E
- Vitamin K

- Calcium
- Iron
- Magnesium
- Phosphorus
- Potassium
- Zinc
- Amino Acids
- Carotene
- Chlorophyll
- Antioxidants
- Protein
- Dietary Fiber
- 0g Cholesterol

Sprouted Wheat Berries

- Vitamin B6
- Vitamin C
- Calcium
- Iron
- Magnesium
- Pantothenic Acid
- Phosphorus
- Amino Acids
- Protein
- 214 calories in 1 cup
- Protein 8.09g in 1 cup (14% protein in 1 cup)
- Fat 1.37 g in 1 cup (5% fat in 1 cup)
- Carbs 45.93g in 1 cup (80% Carbs in 1 cup)
- Dietary Fiber 4%
- Cholesterol 0 g

Wheat Grass Juice

- Vitamin A
- Vitamin B
- Vitamin C
- Vitamin E
- Chlorophyll
- Calcium
- Iron
- Magnesium
- Pantothenic Acid
- Phosphorus

- Amino Acid
- Protein
- 35 calories in 1 Tablespoon 8g
- Protein 2g in 1 Tablespoon (33% protein in 1 Tablespoon 8g)
- Fat 0 g in 1 Tablespoon (0% fat in 1 Tablespoon)
- Carbs 4g in 1 Tablespoon (67% Carbs in 1 Tablespoon 8g)
- Dietary Fiber 7%
- Cholesterol 0 g

Whole Barley (Grass)

- Vitamin A
- Vitamin C
- Vitamin B1
- Vitamin B2
- Folic Acid
- Vitamin B12
- Calcium
- Iron
- Potassium
- Chlorophyll

Raw No-Shell Hulled Sunflower Seeds

- Vitamin A
- Vitamin B
- Vitamin C
- Vitamin E
- Calcium
- Iron
- Magnesium
- Niacin
- Phosphorus
- Potassium
- Protein
- 170 calories in 1 cup
- Protein 15g in 1 cup (7% protein in 1 cup)
- Fat 15 g in 1 cup (72% fat in 1 cup)
- Carbs 6g in 1 cup (13% Carbs in 1 cup)
- Dietary Fiber 11%
- Cholesterol 0 g

Black Sunflower Greens

- Vitamin A
- Vitamin B6
- Vitamin C
- Vitamin E
- Calcium
- Iron
- Magnesium
- Iron
- Phosphorus
- Potassium
- Chlorophyll
- Niacin

Green Pea

- Vitamin A
- Vitamin B
- Vitamin B6
- Vitamin C
- Vitamin E
- Calcium
- Iron
- Phosphorus
- Thiamin
- Magnesium
- Copper
- Manganese
- Potassium
- Protein

Rye Berries

- Vitamin B
- Vitamin C
- Vitamin E
- Calcium
- Iron
- Magnesium
- Pantothenic Acid
- Phosphorus
- Protein
- Amino Acids