

Mung Beans



Mung beans (*Vigna radiata*) are small, green beans that belong to the legume family. They have been cultivated since ancient times. While native to India, mung beans later spread to China and various parts of Southeast Asia. These beans have a slightly sweet taste and are sold fresh, as sprouts or as dried beans. Mung beans are incredibly versatile and typically eaten in salads, soups, and stir-frys.

HEALTH BENEFITS

- 22% of Vitamin B1 intake, and contains Vitamin B2, B3, B5, and B6
- Gives the body sufficient energy, healthy supply of fat of less than one gram; fibres, and even carbs
- Cup of mung bean microgreens contains 15% of the reference daily intake of potassium
- 30% daily intake of reference daily intake for magnesium
- Antioxidants: offer protection for the cells in our bodies; reduces risk of developing diseases and cancers
- Reduction in High blood pressure
- Mung beans's fibre and starch aids activities that occur in body's digestive system. Helps the body digest faster and reduces flatulence
- High concentration of fibre and protein which reduce hunger hormones
- Health pregnancy benefits
- <https://soakandsoil.com/mung-bean-microgreens-how-to-grow-benefits-faq-pests/#:~:text=Mung%20bean%20microgreens%20have%20a,almost%20any%20kind%20of%20diet.>