

Radish



Radish is well known all around the world. The radish microgreens are very nutritious and popular. Many varieties of radish are available with different colors from ranges of red-pink- purple to yellow and green. The radish microgreen is crispy, and its taste is sweet and pleasantly peppery also. The radish microgreen is a good source of vitamin C, energy and carbohydrates. It also contains zinc, potassium, folate, manganese, copper, sodium, phosphorus, dietary fiber, niacin, riboflavin, vitamin B1 & B6, calcium, iron, magnesium and so much more.

HEALTH BENEFITS

- Natural diuretic
- Anti-fungal and anti-bacterial
- Detoxifying food
- Has anti-inflammatory properties
- Helps prevent lungs cancer
- Recommended in jaundice treatment
- Contributes to purifying the blood
- Beneficial for weight management
- Proven to be beneficial in urinary disorders
- Helps with constipation
- Helps cleanse the body
- Soothes the digestive system
- Relieves congestion, good for allergies, infections or colds
- <http://www.microplantsrobert.com/en/microgreens-radish.html>