

Nutrition and RDA of Dijon Mustard Microgreens

Vitamin C*			# oz of Dijon Mustard microgreen
Life Stage	EAR*	RDA* in mg	required to meet RDA
0-6 mo.		40	0.32
7-12 mo.		50	0.40
1-3 y		15	0.12
4-8 y		25	0.20
females			
9-13		45	0.36
14-18		65	0.52
19-30		75	0.61
31-50		75	0.61
51-70		75	0.61
70+		75	0.61
Pregnancy			
14-18		80	0.65
19-30		85	0.69
31-50		85	0.69
Lactation			
14-18		115	0.93
19-30		120	0.97
31-50		120	0.97
Males			
9-13		45	0.36
14-18		75	0.61
19-30		90	0.73
31-50		90	0.73
51-70		90	0.73
70+		90	0.73
*			
Vitamin C is also known as L-Ascorbic Acid.			
EAR - Estimated Average Requirements			
RDA - Recommended Daily Allowance			
AI, EAR and RDA taken from National Institutes of Health.			
Microgreen nutritional analysis taken from University of Maryland Study			