

Grass for Life!

Nutritional Benefits of our Hydroponically grown fodder

Barley Sprouts Analysis

Barley Sprouts Nutritional Analysis		
Moisture	78	%
Calories	339	Kcal/100g
Total Fat	2.82	%
Sodium	343	mg/100
Total Carbohydrates	54.8	%
Total Dietary Fiber	3.7	%
Total Sugar	15.9	%
Proteins-	22.8	%
Vitamins		
Vitamin A (Beta Carotene)	19.7	IU/100g
Vitamin B1 (Thiamin)	0.8	mg/100g
Vitamin B2 (Riboflavin)	1.79	mg/100g
Vitamin B6	1.27	mg/100g
Vitamin B12	0.77	mg/100g
Folic Acid	106	ug/100g
Niacin	8.59	mg/100g
Pantothenic Acid	2.2	mg/100g
Vitamin C	27.8	mg/100g
Vitamin E	10.1	IU/100g
Minerals		
Calcium	730	mg/100g
Chromium	0.22	mg/100g
Copper	0.51	mg/100g
Iron	14.9	mg/100g
Magnesium	220	mg/100g
Potassium	4.28	mg/100g
Phosphorus	414	mg/100g
Zinc	2.27	mg/100g

Enzymes		
Peroxides	129.4	U/g
SOD	895	U/g
Antioxidant Potential	123	†
Antioxidants		
Lutonarin	4.62	mg/100g
Saponarin	1.26	mg/100g
Chlorophyll	398	mg/100g

Amino Acid Profile.

Alanine	1.553
Arginine	1.733
Aspartic acid	2.649
Glutamic acid	2.804
Glycine	1.339
Histidine	0.508
Isoleucine	1.142
Leucine	2.085
Lysine	1.041
Methionine	0.394
Phenylalanine	1.43
Proline	1.246
Serine	1.163
Threonine	1.33
Tyrosine	0.928
Valine	1.457
Totals	22.8
*Figures may vary with each with each crop.	
*Figures are percentages	