

RED BEETROOT

Soaking ***	Germination ***	Sprout ***	Watering ***	Conservation ***
12 hours	7 days	8 - 10 days	3 times / day	8 days (fresh)



Taste Sweet taste reminiscent of uncooked beet.

Appearance The red beet sprout has a particular purple color.

Nutrient High fiber content with low proportions of protein and fats. It contains minerals and trace elements (potassium, sodium, calcium, magnesium, iron, zinc, magnesium, fluorine, selenium, phosphorus), vitamins of the B group, mainly B9, C and E.

Use Ideal in salads or stir fries. Quite decorative in any recipes.

Tip Rinse well before use.

Formats : 50g 65-9507-01N / 125 g 65-9504-12N / 250 g 65-9504-25N