

Information



Features:

Mizuna is a vegetable from Brassicaceae's family, lucid serrated leaves, dark green and with a white narrow stem.

With a particular flavor, mizuna's taste is spicy, peppery sweet and only the leaves are eaten. It is consumed raw in salad, used to supplement other vegetables, can be steamed, boiled and sautéed.

SEASON:

All year.

NUTRITIONAL PROPERTIES:

Rich in vitamin A, folic acid and vitamin c. Good source of calcium.

EDIBLE PORTION:

83 %

CALORIES:

18 Kcal per 100 g of product

HOW TO CHOOSE:

The leaves of mizuna must have a bright and intense color, and be lucid and consistent.

HOW TO PRESERVE:

Keep the mizuna in the refrigerator in the fruit and vegetables compartment. It's a vegetable that remains even 4-5 days.