

Arugula

Nutrition Facts

2 servings per container

Serving size 2 cups (100g)

Amount per serving

Calories 40

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 91mg 4%

Total Carbohydrate 7.3g 2%

Dietary Fiber 1.2g

5%

Total Sugars 4g

Includes 4g Added Sugars 7%

Protein 2g

Vitamin D 0mcg 0%

Calcium 7.2mg 0%

Iron 0mg 0%

Potassium 24.4mg 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet 2,000 calories a day is used for general nutrition advice.

* Nutritional Values based on the FDA.