

Romaine hearts

Nutrition Facts

About 7 servings per container  
Serving size 2 cups (100g)

Amount per serving  
Calories 15

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 2g	1%
Dietary Fiber 2g	9%
Total Sugars 0g	
Includes 0g Added Sugars	0%

Protein <1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.7mg	4%
Potassium 247mg	7%

\* 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.