

Organic romaine lettuce

Nutrition Facts

About 6 servings per container

Serving size2 cups (100g)

Amount per serving

Calories20

% Daily Value\*

Total Fat 0g0%

Saturated Fat 0g0%

Trans Fat 0g

Cholesterol 0mg0%

Sodium 30mg1%

Total Carbohydrate 3g1%

Dietary Fiber 3g12%

Total Sugars 0g

Includes 0g Added Sugars0%

Protein 1g

Vitamin D 0mcg0%

Calcium 20mg2%

Iron 1.8mg10%

Potassium 247mg7%

\* 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.