

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.