

## Organic romaine hearts

# Nutrition Facts

About 7 servings per container

**Serving size** 2 cups (100g)

Amount per serving

**Calories**

**20**

% Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 30mg 1%

**Total Carbohydrate** 3g 1%

Dietary Fiber 3g 12%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein** 1g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 1.8mg 10%

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.