

Romaine Hearts

Serving Size47 grams

Amount Per Serving

Calories10

% Daily Value *

Total Fat 0 g

0%

Saturated Fat 0 g

0%

Trans Fat 0 g

Cholesterol 0 mg

0%

Sodium 0 mg

0%

Total Carbohydrate 2 g

1%

Dietary Fiber 1 g

4%

Total Sugars 1 g

Includes 0 g Added Sugars

0%

Protein 1 g

Vitamin D 0 mcg

0%

Calcium 16 mg

2%

Iron 0 mg

2%

Potassium 115 mg

2%

* 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.

Allergens: No known allergens in this product.

Ingredients: This product contains romaine lettuce.