

# Taylor Chopped Romaine 6/2#



**INGREDIENTS:** Romaine Lettuce

**BLEND:** 100% Romaine Lettuce

**VITAMIN A – IU:** high vitamin A

**FOLATE:** high folate

| <b>Nutrition Facts</b>   |                            |           |           |
|--|----------------------------|-----------|-----------|
| Serving Size 3 oz. (85g)   |                            |           |           |
| Amount Per Serving   |                            |           |           |
| <b>Calories</b> 15   | <b>Calories from Fat</b> 0 |           |           |
| <b>% Daily Value*</b>  |                            |           |           |
| <b>Total Fat</b> 0g  |                            |           | <b>0%</b> |
| Saturated Fat  | 0g                         | <b>0%</b> |           |
| Trans Fat  | 0g                         |           |           |
| <b>Cholesterol</b> 0mg   |                            |           | <b>0%</b> |
| <b>Sodium</b> 5mg  |                            |           | <b>0%</b> |
| <b>Total Carbohydrate</b> 3g   |                            |           | <b>1%</b> |
| Dietary Fiber  | 2g                         | <b>8%</b> |           |
| Sugars   | 1g                         |           |           |
| <b>Protein</b> 1g  |                            |           |           |
| Vitamin A 150% • Vitamin C 6%  |                            |           |           |
| Calcium 2% • Iron 4%   |                            |           |           |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |                            |           |           |
|  | Calories:                  | 2,000     | 2,500     |
| Total Fat  | Less than                  | 65g       | 80g       |
| Saturated Fat  | Less than                  | 20g       | 25g       |
| Cholesterol  | Less than                  | 300mg     | 300mg     |
| Sodium   | Less than                  | 2,400mg   | 2,400mg   |
| Total Carbohydrate   |                            | 300g      | 375g      |
| Dietary Fiber  |                            | 25g       | 30g       |
| Calories per gram:   |                            |           |           |
| Fat 9 • Carbohydrate 4 • Protein 4   |                            |           |           |