

Nutrition Facts

Serving Size 17 g

Amount Per Serving

Calories 3 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0%

Trans Fat

Cholesterol 0%

Sodium 4mg 0%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 1%

Sugars 0g

Protein 0g

Vitamin A 25% • Vitamin C 1%

Calcium 1% • Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Red Leaf Lettuce

- Red leaf lettuce is similar to romaine lettuce, except it has red-tinged leaves.
- Lettuce is most often eaten raw in salads, but it can also be braised, steamed, sautéed and even grilled to create a different addition to an entree or side dish.

- Red leaf lettuce contains health boosting antioxidants.
- Red leaf lettuce is great in mixed green salads.

