

4 Way Lettuce

Nutrition Facts	
Serving Size: 1 cups (42.5g)	
Amount Per Serving	
Calories 10	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 27.5mg	1%
Potassium 168mg	5%
Total Carbohydrates 1.5g	1%
Dietary Fiber 0.5g	2%
Sugars 0g	
Protein 1g	
Vitamin A	4%
Vitamin C	3%
Calcium	2.1%
Iron	2.8%
* Percent Daily Values are based on a 2000 calorie diet.	

Shredded Lettuce

Nutrition Facts	
Serving Size:	
0.5 cup (23.5g)	
Shredded Lettuce	
Amount Per Serving	
Calories	4
% Daily Value*	
Total Fat 0.1g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 1.9mg	0%
Total Carbohydrates 0.8g	0%
Dietary Fiber 0.5g	2%
Sugars 0.3g	
Protein 0.3g	
Vitamin D 0mcg	0%
Calcium 8mg	1%
Iron 0.2mg	1%
Potassium 58mg	1%
Caffeine 0mg	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	



Broccoli

Nutrition Facts	
Serving Size:	
3	floret (30g) Broccoli
Amount Per Serving	
Calories	10.5
% Daily Value*	
Total Fat 0.1g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.1g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 12.3mg	1%
Total Carbohydrates 2.2g	1%
Dietary Fiber 1g	4%
Sugars 0.4g	
Protein 0.7g	
Vitamin D 0mcg	0%
Calcium 12mg	1%
Iron 0.2mg	1%
Potassium 87.9mg	2%
Caffeine 0mg	
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Baby Carrot

Nutrition Facts	
Serving Size:	
10	baby carrots (100g) Baby Carrot
Amount Per Serving	
Calories	35
% Daily Value*	
Total Fat 0.1g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.1g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 78mg	3%
Total Carbohydrates 8.2g	3%
Dietary Fiber 2.9g	10%
Sugars 4.8g	
Protein 0.6g	
Vitamin D 0mcg	0%
Calcium 32mg	2%
Iron 0.9mg	5%
Potassium 237mg	5%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	



Cucumber

Nutrition Facts	
Serving Size:	
⬆ 0.5	medium (100.5g)
Cucumber	
Amount Per Serving	
Calories	15
% Daily Value*	
Total Fat 0.1g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrates 3.7g	1%
Dietary Fiber 0.5g	2%
Sugars 1.7g	
Protein 0.7g	
Vitamin D 0mcg	0%
Calcium 16mg	1%
Iron 0.3mg	2%
Potassium 147.7mg	3%
Caffeine 0mg	
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Celery

Nutrition Facts	
Serving Size:	
⬆ 0.5	stalk, medium (20g)
Celery	
Amount Per Serving	
Calories	3.2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 16mg	1%
Total Carbohydrates 0.6g	0%
Dietary Fiber 0.3g	1%
Sugars 0.3g	
Protein 0.1g	
Vitamin D 0mcg	0%
Calcium 8mg	1%
Iron 0mg	0%
Potassium 52mg	1%
Caffeine 0mg	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	



Raw Cauliflower

Nutrition Facts

Serving Size:

◆ 0.5 cup chopped (1/2" pieces) (53.5g)
Raw Cauliflower

Amount Per Serving

Calories **13.5**

% Daily Value*

Total Fat 0.2g **0%**

Saturated Fat 0.1g **0%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 0mg **0%**

Sodium 16mg **1%**

Total Carbohydrates 2.7g **1%**

Dietary Fiber 1.1g **4%**

Sugars 1g

Protein 1.1g

Vitamin D 0mcg **0%**

Calcium 12mg **1%**

Iron 0.2mg **1%**

Potassium 160mg **3%**

Caffeine 0mg

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Tomatoes

Nutrition Facts

Serving Size:

◆ 0.5 medium whole (2-3/5" dia) (61.5g)
Tomatoes

Amount Per Serving

Calories **11**

% Daily Value*

Total Fat 0.1g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Polyunsaturated Fat 0.1g

Monounsaturated Fat 0g

Cholesterol 0mg **0%**

Sodium 3.1mg **0%**

Total Carbohydrates 2.4g **1%**

Dietary Fiber 0.8g **3%**

Sugars 1.6g

Protein 0.6g

Vitamin D 0mcg **0%**

Calcium 6mg **0%**

Iron 0.2mg **1%**

Potassium 145.8mg **3%**

Caffeine 0mg

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.



Guacamole

Nutrition Facts

Servings per Container 181
Serving size 2tbsp(30g)

Amount per serving
Calories 50

% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.3mg	2%
Potassium 150mg	3%

* 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.



Olives

Nutrition Facts

Servings per Container 97
Serving size 2tbsp(16g) (15g)

Amount per serving
Calories 15

% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.3mg	2%
Potassium 0mg	0%

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JALAPENO

Nutrition Facts

Serving Size: 30g
Serving Size per Case: 318

Amount per Serving

Calories: 10 Calories from
Fat: 0

% Daily Value*

Total Fat: 0.5 g 1%

Saturated Fat: 0 g 0%

Trans Fat: 0 g

Cholesterol: 0 mg 0%

Sodium: 300 mg 13%

Potassium: 0 mg 0%

Total Carbohydrates: 1 g 0%

Dietary Fiber: 0 g 0%

Sugars: 1 g

Protein: 0 g

Calcium: 0%

Vitamin A: 0%

Vitamin C: 20%

*Percent Daily Values are based on a 2000
calorie diet. Your daily values may differ
depending on your calorie needs.



Edamame

Nutrition Facts

Servings per Container 13
Serving size 3/4cup (85g)

Amount per serving
Calories **90**

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 6g **2%**

Dietary Fiber 4g **14%**

Total Sugars 2g

Includes 0g Added Sugar **0%**

Protein 10g

Vitamin D 0mcg **0%**

Calcium 51mg **4%**

Iron 2mg **11%**

Potassium 410mg **9%**

* 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.