

143388

Iceberg Lettuce	
NUTRITIONAL INFORMATION	
Serving Size 1 1/2 cups (89g)	
Amount Per Serving	
Calories 15	Calories from Fat 0
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 1g	
Vitamin A 4%	Vitamin C 6%
Calcium 2%	Iron 2%

Carrots	
NUTRITIONAL INFORMATION	
Serving Size 1 cup (85g) (3 oz.)	
Amount Per Serving	
Calories 45	Calories from Fat 0
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 10g	3%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 1g	
Vitamin A 360%	Vitamin C 8%
Calcium 2%	Iron 0%

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Spinach	
NUTRITIONAL INFORMATION	
Serving Size 1 1/2 cups (85g)	
Amount Per Serving	
Calories 20	Calories from Fat 0
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	9%
Sugars 0g	
Protein 2g	
Vitamin A 110%	Vitamin C 40%
Calcium 8%	Iron 15%

Red Cabbage	
NUTRITIONAL INFORMATION	
Serving Size 1 cup (70g) (3 oz.)	
Amount Per Serving	
Calories 20	Calories from Fat 0
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	3%
Sugars 4g	
Protein 1g	
Vitamin A 0%	Vitamin C 70%
Calcium 4%	Iron 2%

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