



# Harvest of the Month

## Salad Greens

### Nutrition Facts

Serving Size: 2 cups, green leaf (72g)

Calories 10

Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 1g	
Vitamin A 106%	Calcium 2%
Vitamin C 22%	Iron 4%

Source: [www.nutritiondata.com](http://www.nutritiondata.com)

