



Midwest  
Grown

# Romaine Lettuce



## Description

Romaine hearts are the center leaves of romaine lettuce. Their leaves are smaller and sweeter than the outside leaves and they're perfect for salad bases and as a substitute for wraps, sandwich bread, and buns because they are crisp and hardy.

## Highlights

Each serving contains only 20 calories and 0% DV of fat.

Contains notable amounts of vitamin A and K, iron, and folate.



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