



Baby Spinach

Baby Spinach is bright green with gently rounded leaves like that of the bowl of a spoon, hence the name. The chewy texture of the young leaves is crisp yet succulent. Sweeter than mature spinach, Baby Spinach offers a delicate nuttiness with subtle flavor and tender, edible stems.

Fresh greens are great for livening up that everyday salad, but they can be so much more... Braised greens with chicken stock and smoked sausage rounds and a side of cornbread makes for a great down-home meal. Fresh spicy greens go well next to a hunk of hard cheese under a drizzle of good balsamic vinegar for a savory snack. And they are perfect as a garnish to add a splash of intensity to any gourmet plate.



Nutrition Facts

For a Serving Size of 85 grams (85g)

	Calories from Fat 0 (0%)
Calories 20	
	% Daily Value *
Total Fat 0g	-
Sodium 65mg	3%
Carbohydrates 3g	-
Net carbs 1g	-
Fiber 2g	8%
Protein 2g	
Glucose 2g	
Vitamins and minerals	
Vitamin A 315µg	36%
Vitamin C 22.5m	38%
Calcium 60mg	7%
Iron 1.6mg	20%
Fatty acids	
Amino acids	

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs.

