



Spring Mix

Spring Mix is made up of a variety fresh greens and lettuces of varying tastes and textures, including red romaine, baby spinach, green romaine, red oak leaf, red leaf, lollo rosso, arugula, red chard, and baby kale . About half of the greens and lettuces are sweet and mild while others provide a complementary slightly bitter edge.

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 80 grams (80g)

Calories 21		Calories from Fat 0 (0%)
		% Daily Value *
Total Fat	0g	-
Sodium	0mg	0%
Potassium	51mg	3%
Carbohydrates	3g	-
Net carbs	2.4g	-
Sugar	0g	-
Fiber	0.6g	3%
Protein	2.1g	
Vitamins and minerals		
Calcium	79.8mg	8%
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.



DAIRY FREE



KETO FRIENDLY



LOW FAT*



LOW SODIUM*



PALEO FRIENDLY



VEGAN



VEGETARIAN