



Wild Arugula

Baby arugula is simply arugula harvested young for its more petit, delicate leaves and flavor. Although not as intense in flavor as its mature counterparts, it still retains that peppery essence and mustard quality that distinguishes arugula from other herbs and leafy greens.

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 25mg	2%
Potassium 310mg	-
Carbohydrates 3g	-
Net carbs 2g	-
Fiber 1g	4%
Glucose 2g	
Protein 2g	
Vitamins and minerals	
Vitamin A 360µg	40%
Vitamin C 18mg	30%
Calcium 150mg	16%
Iron 0.5mg	7%
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