

# Dilgard Produce



## PRODUCT DESCRIPTION

Lettuce, Romaine  
Chopped FW

## Pk/Size

6, 2 LB

## ***Dilgard #***

*P99034*

## Romaine Lettuce Facts: Crisp

romaine lettuce is a highly nutritious leafy green to use in a green smoothie. It has a mild flavor that is easily masked by fruit so it's perfect if you're new to green smoothies or making it for picky eaters. Believe it or not, romaine lettuce is 17% protein with 7.7 grams per head. It is also a complete protein! That means that it has all 8 essential amino acids, 9% RDA of some and up to 26% RDA of others. Choose bright, crisp heads of romaine lettuce. Avoid bunches that have rust, holes or that are limp, wilted or yellowing. It is common to find romaine that has slight browning along the very edges of the outer leaves. This is okay as long as the rest of the head looks fresh and green. I just trim the brown edges off the outer leaves