



# Arugula

## On Trend: Leafy Greens

Arugula is a versatile green with a punchy, peppery flavor that makes it ideal for salads, sandwich toppings, and garnishes. With its Mediterranean origins, Arugula is well-suited in salad blends or just on its own with a drizzle of olive oil, a squeeze of lemon, and a dash of salt.

### ARUGULA

**FLAVOR:** Distinctive peppery flavor

**SHAPE:** Curly and narrow leaf with jagged edges



#### Nutritionals

30	CALORIES
2G	FIBER
3G	PROTEIN
70%	VITAMIN A
10%	VITAMIN C
25%	CALCIUM
6%	IRON

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower based on your calorie needs.

ITEM	PACK SIZE	SKU	PER PALLET	TI/HI	SHELF LIFE
Organic Wild Arugula	2 x 2 lb	400001	130	10/13	16 days
	2 x 2 lb	342201	130	10/13	16 days
Arugula	2 x 1 lb clamshell	336502	140	10/14	16 days
	3 lb UPC carton	342209	130	10/13	16 days