



Herb, Culantro

- Taste: Similar to cilantro; can be stronger.
- Scientific Name: *Eryngium foetidum* L., Apiaceae
- Outside Coloring: Green leaves, green stems
- Usage: Used in Latin American meat and legume dishes.
- Other names: Recao, Mexican corriander

Purchasing Specifications

Receiving Information:

- Good quality herbs should exhibit color consistent with variety, hearty aroma, high leaf-to-stem ratio, and leaves that are firmly attached to stems.
- Avoid herbs with brown, black, or bruised leaves. Avoid herbs with limp leaves or that are flowering.

Storage/Handling:

- Ethylene Producer: No
- Ethylene Sensitive: No
- Water Sprinkle: No
- Odor Producer: No
- Ripens After Harvest: No
- Mist: No
- Odor Sensitive: No
- Fresh herbs are sensitive to ethylene; exposure to the gas may accelerate loss of green color, especially if herbs are also stored in a warm area.
- For best quality, keep herbs away from ethylene-producing and ripening rooms.

Nutrition Facts

Serving Size: 9 sprigs

Amount Per Serving

Calories 5	Fat Calories
% Daily Value*	
Total Fat 0 g	
Sat Fat 0 g	
Trans Fat	
Cholesterol 0 mg	
Sodium 10mg	0%
Total Carbohydrates <1g	0%
Dietary Fiber <1g	2%
Sugars 0g	
Protein 0g	0%
Potassium 105mg	2%
Vitamin A	Vitamin C
Calcium 2%	Iron

*Percent Daily Values are based on a 2,000-calorie diet.