



Lettuce, Chopped Romaine

Purchasing Specifications

Availability:

Year round

Pack Size:

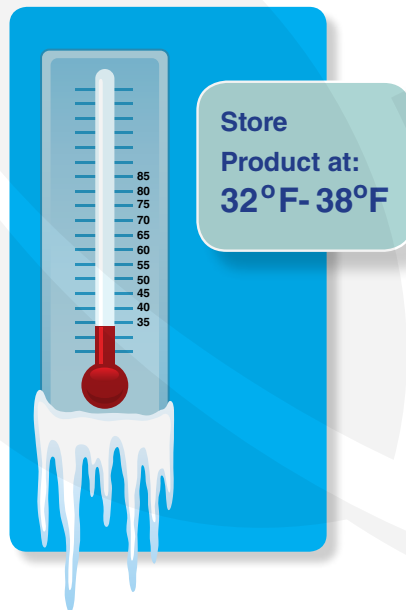
- 2 lb bags; 6 per case

FreshCut produce general cold-chain management:

- Regardless of the greatness of our quality... if the cold chain is broken, it destroys the integrity of our produce.
- Temperatures below 32°F destroy the cell structure of the produce and cause it to bleed and go limp.
- Temperatures above 40°F cause the shelf life to be shortened drastically.
- Take extra care to maintain accurate temperatures in coolers and keep them well maintained to avoid breakdowns.
- Pay close attention during the season changes.

FreshCut produce general cooler tips:

- The coolest place in the cooler is in the back on the lowest storage shelf (cold air drops).
- Make sure coils are cleaned on regular basis.
- Keep strip curtains in good condition and straight.
- Always keep the cooler door closed.
- Keep trips in and out of the cooler to a minimum.



- Taste: Mild taste; somewhat nutty.
- Usage: Good for salads.
- Coloring: Color ranges from dark green outer leaves to greenish-yellow inner leaves.
- Shape: Head has flat, elongated leaves, rounded at top.
- Flesh Description: Leaves are coarse and firmer than other types of lettuces with snappy texture.
- Phytochemical: Quercetins.
- Skin Texture: Smooth.

Nutrition Facts

Serving Size: 1 cup

Amount Per Serving

Calories 6	Fat Calories
	% Daily Value*
Total Fat 0g	
Sat Fat 0g	0%
Trans Fat	
Cholesterol 0 mg	0%
Sodium 8mg	0%
Total Carbohydrates 1g	1%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 0g	1%
Potassium 98mg	2%
Vitamin A 12%	Vitamin C 7%
Calcium 2%	Iron 2%

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