

Romaine Lettuce



About Romaine Lettuce

- Lettuce with darker color contain more vitamins and minerals.
- The most important nutrients in romaine lettuce are vitamin A and potassium.
- One cup raw leaf lettuce has 9 calories, 1 gram of protein, and 1 gram of fiber.

Selecting and Storing

- Rinse the lettuce and dry it completely as soon as you purchase it. After, store the lettuce in the fridge wrapped in a paper towel in an airtight container. Store without any other condiments on the lettuce.
- Lettuce can normally last about 7-10 days.

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The Charger Wrap

Makes: 1 serving

Ingredients

1/2 cup chicken breast, cooked and chopped
1/2 teaspoon lemon pepper
One 8" whole wheat tortilla
2 tablespoons green peppers, diced
3 slices of tomato

Instructions

1. Place chopped chicken in a large bowl and sprinkle with lemon pepper. Gently toss to coat chicken evenly with seasoning. Set aside.
2. Place a whole grain tortilla wrap on a working surface.
3. Top the wrap with romaine lettuce, chicken, green peppers and tomatoes.
4. Roll the "Charger Wrap" and serve.

Source: whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/charger-wrap

Nutrition Facts

servings per container	
Serving size	(241g)
Amount per serving	
Calories	270
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 380mg	17%
Total Carbohydrate 27g	10%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 27g	
Vitamin D 0mcg	0%
Calcium 29mg	2%
Iron 1mg	6%
Potassium 351mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Analyzed using EHSA Food Processor; version 11.4

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