



MARKON

00990177 - Lettuce, Salad Hearts & Hearts

The tender heart pieces of multiple salad greens that create a balance of sweet and bitter flavors and crisp and tender textures. Reduces labor, storage, and waste costs. Dependable yields and cost per serving. 100% plate ready; this product does not need to be rinsed. Consistent plate presentation. Packed in individual controlled-atmosphere bags for easier storage and prolonged shelf-life; shipped in recyclable, wax- and staple-free cartons. Backed by Markons comprehensive 5-Star Food Safety Program.



NICHOLAS

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Nutrition Facts

Servings per Container	43
Serving size	85g
Amount per serving	
Calories	83.68
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugar	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 58mg	4%
Iron 2mg	11%
Potassium 267mg	6%

* The % Daily Value (DV) 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.

* Benefits

Ingredients

Spring mix (may contain arugula, beet tops, brunia, red or green chard, cocard, frisee, little gem, lolla rosa, mizuna, red mustard, red or green oak, red or green perella, radicchio, baby red leaf, baby red or green romaine, spinach, tango, or tat-soi, depending on season), romaine lettuce, green leaf lettuce

⚠ Allergens

Free From:

- crustaceans
- shellfish
- eggs
- fish
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

Handling Suggestions

Optimum storage is 34-36 F/1-2 C at high humidity with adequate circulation; refrigerate immediately; store in original packaging.

Serving Suggestions

Top latkes made with MFC Potatoes with RSS Hearts & Hearts and thinly sliced smoked salmon. Toss RSS Hearts & Hearts with blood orange rounds, toasted pistachios, and garlic chive vinaigrette. Line ciabatta rolls with roasted MFC Eggplant, MFC Red and Yellow Bell Peppers, RSS Hearts & Hearts, and mint pesto.

Prep & Cooking Suggestions

This product has been thoroughly washed and is 100% table ready. There is no need to rinse this product.

📄 Product Specifications

Brand		Manufacturer				
MARKON		Markon Cooperative, Inc.				
MFG #	SPC #	GTIN	Pack	Pack Desc.		
91826	00990177	10611628918263	4	4 / 2.0 LBR		
Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition		
9.18lb	8lb	USA	Yes	No		
Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.75in	11.75in	7.88in	0.84ft3	10x10	16DAYS	34°F / 36°F



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Nutrition Analysis - By Serving

Calories	83.68	Total Fat	0g	Sodium	65mg
Protein	2	Trans Fats	0g	Calcium	58mg
Total Carbohydrates...	3g	Saturated Fat	0g	Iron	2mg
Sugars	1g	Added Sugars	0g	Potassium	267mg
Dietary Fiber	1g	Polyunsaturated Fat	0g	Zinc	0
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•	0	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate	0mg	Riboflavin	0mg
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images

