



MARKON

00993678 - Herb, Arugula Wild Rss

Arugula, also known as rocket or roquette, is a bitter, peppery herb consisting of long, green leaves with branch-like arms. It can be used raw as a salad green or herb, or cooked in pesto, tomato sauces, and rice dishes. Year-round supply. Dependable yields and reliable cost per serving. Shipped in recyclable, wax- and staple-free cartons. Backed by Markons comprehensive 5-Star Food Safety Program.



NICHOLAS

AND COMPANY



* Benefits

Ingredients

Wild arugula

⚠ Allergens

Free From:

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

Nutrition Facts

Servings per Container91

Serving size20g

Amount per serving

Calories20.92

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 32mg	2%
Iron 0mg	0%
Potassium 75mg	2%

* 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.

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

Pure boiled and peeled fava beans with RSS Peeled Garlic, RSS Wild Arugula, mint, pine nuts, Parmesan cheese, and the zest of MFC Lemons; drizzle in olive oil and serve on crunchy slices of baguette. Add chopped RSS Wild Arugula, mint, and feta cheese to ground lamb; patty and grill; serve burgers on onion buns with tzatziki sauce and pickled MFC Red Onions. Wrap ripe persimmon slices with RSS Wild Arugula leaves and salty prosciutto; serve as amuse bouche or appetizers.

Prep & Cooking Suggestions

Ready to use.

📄 Product Specifications

Brand		Manufacturer				
MARKON		Markon Cooperative, Inc.				
MFG #	SPC #	GTIN	Pack	Pack Desc.		
91386	00993678	10611628913862	2	2 / 2.0 LBR		
Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition		
4.91lb	4lb	USA		No		
Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.75in	11.75in	8.13in	0.87ft3	10x11	14DAYS	34°F / 36°F



MARKON

00993678 - Herb, Arugula Wild Rss

Arugula, also known as rocket or roquette, is a bitter, peppery herb consisting of long, green leaves with branch-like arms. It can be used raw as a salad green or herb, or cooked in pesto, tomato sauces, and rice dishes. Year-round supply. Dependable yields and reliable cost per serving. Shipped in recyclable, wax- and staple-free cartons. Backed by Markons comprehensive 5-Star Food Safety Program.



NICHOLAS

AND COMPANY

Nutrition Analysis - By Serving

Calories	20.92	Total Fat	0g	Sodium	5mg
Protein	0	Trans Fats	0g	Calcium	32mg
Total Carbohydrates...	0g	Saturated Fat	0g	Iron	0mg
Sugars	0g	Added Sugars	0g	Potassium	75mg
Dietary Fiber	0g	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

