Baby Arugula is of the species Eruca sativa and native to the Mediterranean region, specifically Morocco, Portugal and Lebanon. Arugula is an annual herb that thrives in temperate climates with cool winter months and can be grown successfully in summer months in cooler regions.

See the table below for in depth analysis of nutrients: Arugula (Eruca sativa), raw, Nutrition value per 100 g.

<table>
<thead>
<tr>
<th>Principle</th>
<th>Nutrient Value</th>
<th>Percentage of RDA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy</td>
<td>25 Kcal</td>
<td>1%</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>3.65 g</td>
<td>3%</td>
</tr>
<tr>
<td>Protein</td>
<td>2.58 g</td>
<td>5%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0.66 g</td>
<td>3%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
<td>0%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1.6 g</td>
<td>4%</td>
</tr>
</tbody>
</table>

**Vitamins**
- Folates: 97 mcg (24%)
- Niacin: 0.305 mg (2%)
- Pantothenic acid: 0.437 mg (8%)
- Pyridoxine: 0.073 mg (6%)
- Riboflavin: 0.086 mg (7%)
- Thiamin: 0.044 mg (4%)
- Vitamin C: 15 mg (25%)
- Vitamin A: 2373 IU (79%)
- Vitamin E: 0.43 mg (3%)
- Vitamin K: 108.6 mcg (90%)

**Electrolytes**
- Sodium: 27 mg (2%)
- Potassium: 369 mg (7.5%)

**Minerals**
- Calcium: 160 mg (16%)
- Copper: 0.076 mg (8%)
- Iron: 1.46 mg (18%)
- Magnesium: 47 mg (12%)
- Manganese: 0.321 mg (14%)
- Phosphorus: 52 mg (7.5%)
- Selenium: 0.3 mcg (<1%)
- Zinc: 0.47 mg (5%)

**Phyto-nutrients**
- Carotene-β: 1424 mcg
- Carotene-α: 0 mcg
- Lutein-zeaxanthin: 3555 mcg

Description/Taste

Baby Arugula is simply arugula harvested young for its more petit, delicate leaves and flavor. Although not as intense in flavor as its mature counterparts it still retains that peppery essence and mustard quality that distinguishes arugula from other herbs and leafy greens.