Mesclun, also known as “Spring Mix,” is a name used for a salad mixture of leaves of various species. Mesclun comes from the Spanish word "mezclar," meaning "to mix." Traditionally, in the Provence region of France, mesclun consisted of four items: chervil, arugula, lettuce, and endive in precise proportions.

<table>
<thead>
<tr>
<th>Principle</th>
<th>Nutrient Value</th>
<th>Percentage of RDA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy</td>
<td>15 Kcal</td>
<td>1 %</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>2.79 g</td>
<td>2%</td>
</tr>
<tr>
<td>Protein</td>
<td>1.36 g</td>
<td>2%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0.15 g</td>
<td>0.5%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
<td>0%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1.3 g</td>
<td>3%</td>
</tr>
</tbody>
</table>

**Vitamins**
- Folates: 38 mcg (9.5%)
- Niacin: 0.375 mg (2%)
- Pantothenic acid: 0.134 mg (2.5%)
- Pyridoxine: 0.090 mg (7%)
- Riboflavin: 0.080 mg (6%)
- Thiamin: 0.070 mg (6%)
- Vitamin A: 7405 IU (247%)
- Vitamin C: 9.2 mg (15%)
- Vitamin E-α: 0.29 mg (2%)
- Vitamin K: 126.3 mcg (105%)

**Electrolytes**
- Sodium: 28 mg (2%)
- Potassium: 194 mg (4%)

**Minerals**
- Calcium: 36 mg (3.5%)
- Copper: 0.029 mg (3%)
- Iron: 0.86 mg (10%)
- Magnesium: 13 mg (3%)
- Manganese: 0.250 mg (11%)
- Phosphorus: 29 mg (4%)
- Zinc: 0.18 mg (1.5%)

**Phyto-nutrients**
- Carotene-β: 4443 mcg
- Crypto-xanthin-β: 0 mcg
- Lutein-zeaxanthin: 1730 mcg

Mesclun is made up of 16 fresh greens and lettuces of varying tastes and textures, including red romaine, baby spinach, radicchio, green romaine, red oak leaf, mizuna, red leaf, lollo rosso, arugula, red mustard, green mustard, red chard, frisee, and tatsoi. About half of the greens and lettuces are sweet and mild while others provide a complementary slightly bitter edge.