



LEAF LETTUCE NUTRITION FACTS

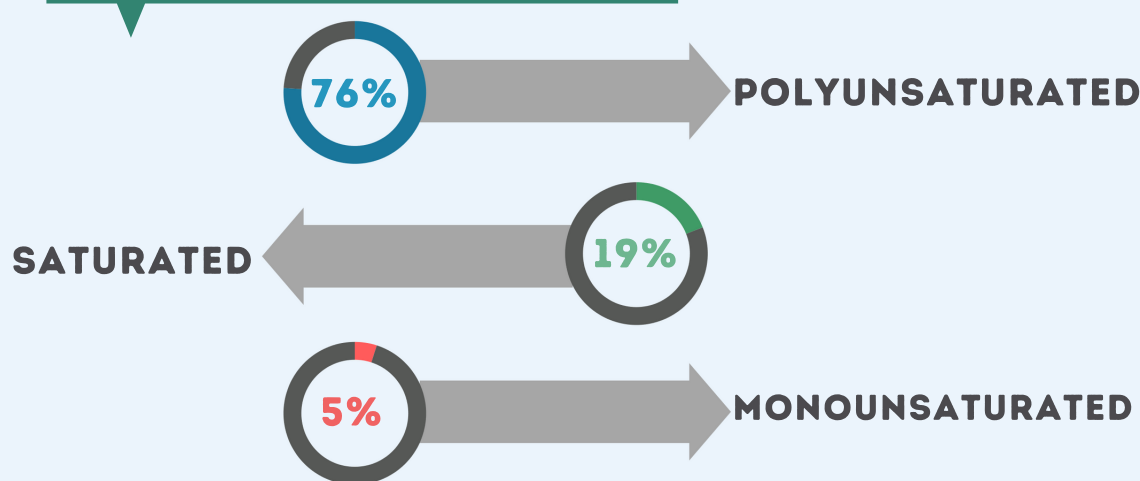


CALORIES 15/100GM

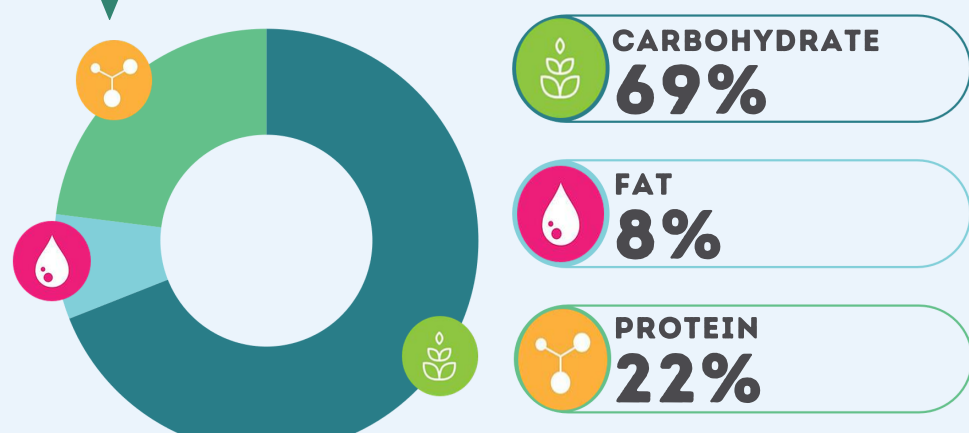
	AMOUNT		AMOUNT
CARBOHYDRATE	2.87 G	NIACIN	0.375 MG
FAT	0.15 G	VITAMIN A	370 MG
PROTEIN	1.36 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.090 MG
FIBER	1.3 G	VITAMIN C	9.2 MG
RIBOFLAVIN	0.080 MG	VITAMIN D	0.00
SODIUM, NA	28 MG	FOLATE	38 MCG
THIAMIN	0.070 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



LEAF LETTUCE OTHER NAMES

LACTUCA SATIVA
LOOSELEAF LETTUCE
CUTTING LETTUCE
BUNCHING LETTUCE

MINERALS IN LEAF LETTUCE

36 MG	CALCIUM, CA	3 % (DV)
0.029 MG	COPPER, CU	3 % (DV)
0.86 MG	IRON, FE	5 % (DV)
13 MG	MAGNESIUM, MG	3 % (DV)
0.6 MCG	SELENIUM, SE	1 % (DV)
29 MG	PHOSPHORUS, P	4 % (DV)
194 MG	POTASSIUM, K	4 % (DV)
0.18 MG	ZINC, ZN	2 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.