



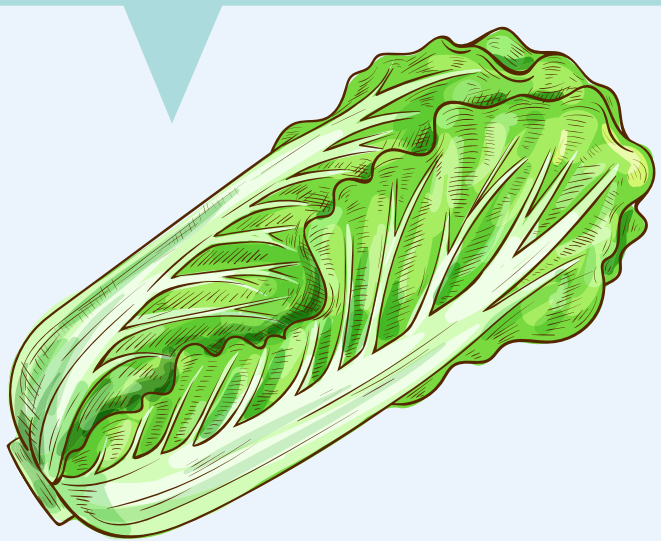
ROMAINE LETTUCE NUTRITION FACTS



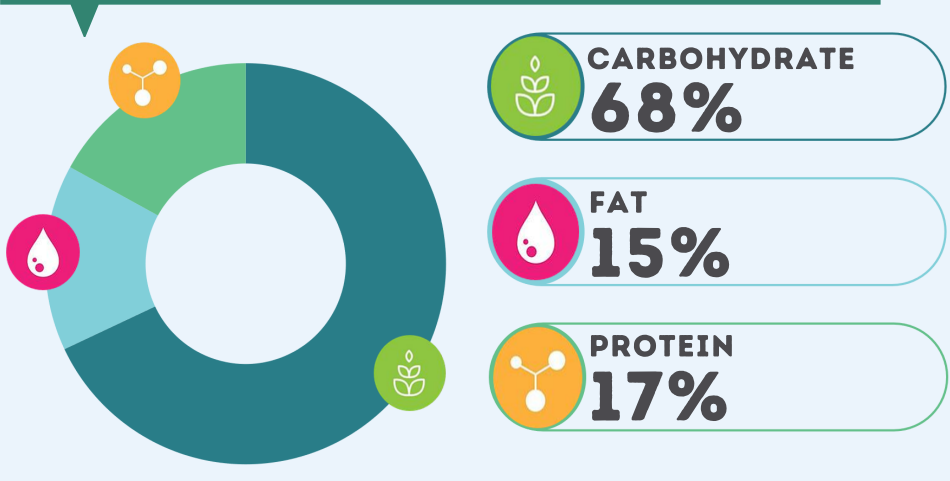
CALORIES 17/100GM

	AMOUNT
CARBOHYDRATE	3.29 G
FAT	0.30 G
PROTEIN	1.23 G
CHOLESTEROL	0.00
FIBER	2.1 G
RIBOFLAVIN	0.067 MG
SODIUM, NA	8 MG
THIAMIN	0.072 MG

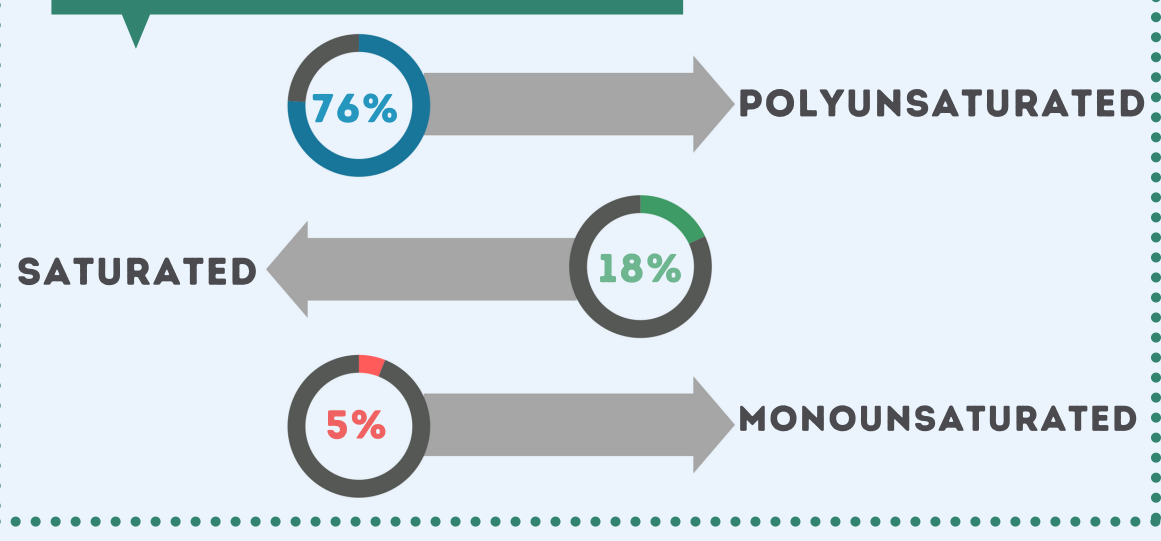
	AMOUNT
NIACIN	0.313 MG
VITAMIN A	436 MG
VITAMIN B12	0.00
VITAMIN B6	0.074 MG
VITAMIN C	4.0 MG
VITAMIN D	0.00
FOLATE	136 MCG



CALORIES BY SOURCE



FATS AND FATTY ACIDS



ROMAINE LETTUCE OTHER NAMES

LACTUCA SATIVA LONGIFOLIA
COS LETTUCE

MINERALS IN ROMAINE LETTUCE

33 MG	CALCIUM, CA	3 % (DV)
0.048 MG	COPPER, CU	5 % (DV)
0.97 MG	IRON, FE	5 % (DV)
14 MG	MAGNESIUM, MG	4 % (DV)
0.4 MCG	SELENIUM, SE	1 % (DV)
30 MG	PHOSPHORUS, P	4 % (DV)
247 MG	POTASSIUM, K	5 % (DV)
0.23 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.