



# ICEBERG LETTUCE NUTRITION FACTS



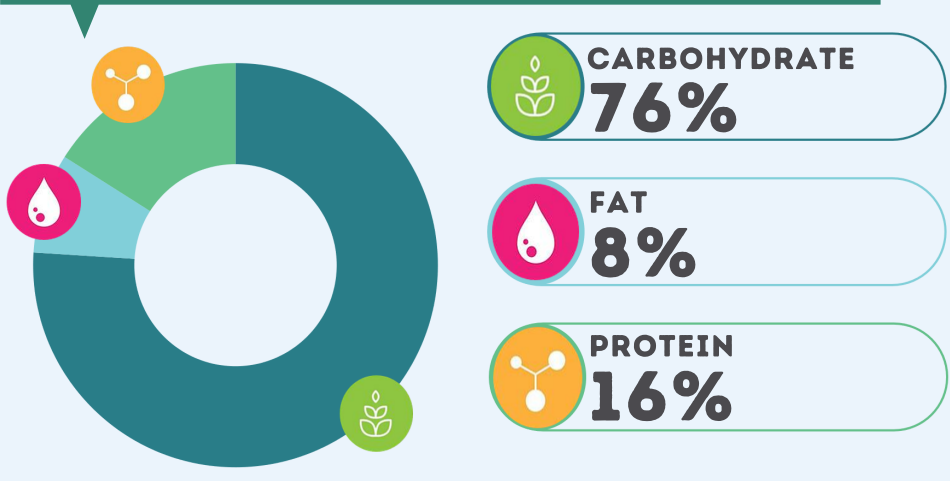
## CALORIES 14/100GM

	AMOUNT
CARBOHYDRATE	2.97 G
FAT	0.14 G
PROTEIN	0.90 G
CHOLESTEROL	0.00
FIBER	1.2 G
RIBOFLAVIN	0.025 MG
SODIUM, NA	10 MG
THIAMIN	0.041 MG

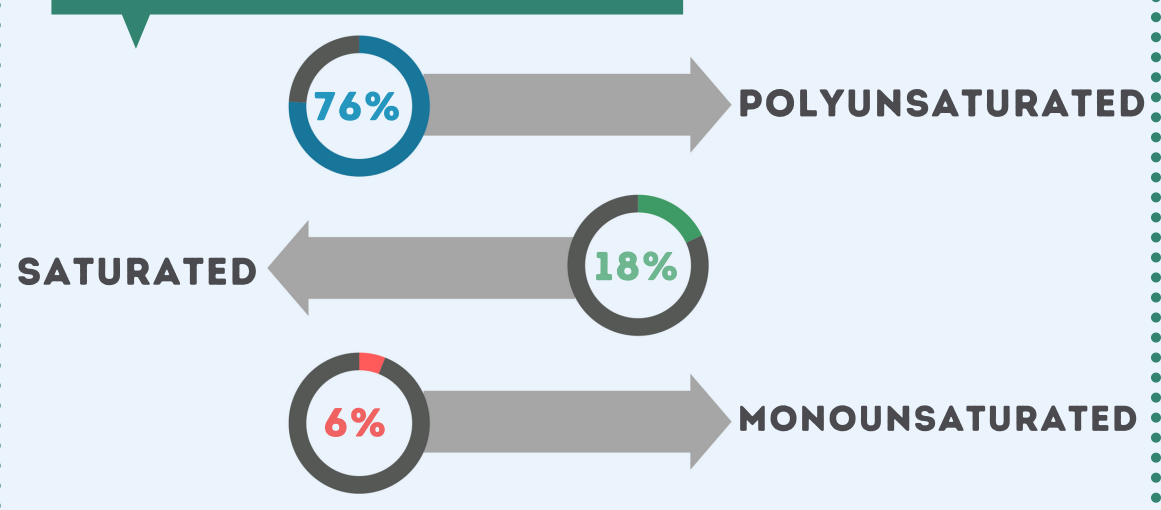
	AMOUNT
NIACIN	0.123 MG
VITAMIN A	25 MG
VITAMIN B12	0.00
VITAMIN B6	0.042 MG
VITAMIN C	2.8 MG
VITAMIN D	0.00
FOLATE	29 MCG



### CALORIES BY SOURCE



### FATS AND FATTY ACIDS



### ICEBERG LETTUCE OTHER NAMES

LACTUCA L. SATIVA  
CRISPHEAD LETTUCE  
HEAD LETTUCE

### MINERALS IN ICEBERG LETTUCE

18 MG	CALCIUM, CA	1 % (DV)
0.025 MG	COPPER, CU	3 % (DV)
0.41 MG	IRON, FE	2 % (DV)
7 MG	MAGNESIUM, MG	2 % (DV)
0.1 MCG	SELENIUM, SE	0 % (DV)
20 MG	PHOSPHORUS, P	3 % (DV)
141 MG	POTASSIUM, K	3 % (DV)
0.15 MG	ZINC, ZN	1 % (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.