

**Basic Report 11253, Lettuce, green leaf, raw**
**Report Date: August 24, 2019 01:48 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup shredded 36g	1 head 360g	1 leaf inner 4.8g	1 leaf outer 24g
<b>Proximates</b>						
Water	g	94.98	34.19	341.93	4.56	22.80
Energy	kcal	15	5	54	1	4
Protein	g	1.36	0.49	4.90	0.07	0.33
Total lipid (fat)	g	0.15	0.05	0.54	0.01	0.04
Carbohydrate, by difference	g	2.87	1.03	10.33	0.14	0.69
Fiber, total dietary	g	1.3	0.5	4.7	0.1	0.3
Sugars, total	g	0.78	0.28	2.81	0.04	0.19
<b>Minerals</b>						
Calcium, Ca	mg	36	13	130	2	9
Iron, Fe	mg	0.86	0.31	3.10	0.04	0.21
Magnesium, Mg	mg	13	5	47	1	3
Phosphorus, P	mg	29	10	104	1	7
Potassium, K	mg	194	70	698	9	47
Sodium, Na	mg	28	10	101	1	7
Zinc, Zn	mg	0.18	0.06	0.65	0.01	0.04
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	9.2	3.3	33.1	0.4	2.2
Thiamin	mg	0.070	0.025	0.252	0.003	0.017
Riboflavin	mg	0.080	0.029	0.288	0.004	0.019
Niacin	mg	0.375	0.135	1.350	0.018	0.090
Vitamin B-6	mg	0.090	0.032	0.324	0.004	0.022
Folate, DFE	µg	38	14	137	2	9
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	370	133	1332	18	89
Vitamin A, IU	IU	7405	2666	26658	355	1777
Vitamin E (alpha-tocopherol)	mg	0.22	0.08	0.79	0.01	0.05

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0
Vitamin K (phylloquinone)	µg	126.3	45.5	454.7	6.1	30.3
<b>Lipids</b>						
Fatty acids, total saturated	g	0.020	0.007	0.072	0.001	0.005
Fatty acids, total monounsaturated	g	0.006	0.002	0.022	0.000	0.001
Fatty acids, total polyunsaturated	g	0.082	0.030	0.295	0.004	0.020
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
<b>Amino Acids</b>						
<b>Other</b>						
Caffeine	mg	0	0	0	0	0