

## Basic Report 11145, Celtuce, raw

Report Date: September 15, 2019 20:21 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 leaf 8g
<b>Proximates</b>			
Water	g	94.50	7.56
Energy	kcal	18	1
Protein	g	0.85	0.07
Total lipid (fat)	g	0.30	0.02
Carbohydrate, by difference	g	3.65	0.29
Fiber, total dietary	g	1.7	0.1
<b>Minerals</b>			
Calcium, Ca	mg	39	3
Iron, Fe	mg	0.55	0.04
Magnesium, Mg	mg	28	2
Phosphorus, P	mg	39	3
Potassium, K	mg	330	26
Sodium, Na	mg	11	1
Zinc, Zn	mg	0.27	0.02
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	19.5	1.6
Thiamin	mg	0.055	0.004
Riboflavin	mg	0.070	0.006
Niacin	mg	0.550	0.044
Vitamin B-6	mg	0.050	0.004
Folate, DFE	µg	46	4
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	175	14
Vitamin A, IU	IU	3500	280
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 leaf 8g</b>
<b>Lipids</b>			
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			