

Basic Report 11251, Lettuce, cos or romaine, raw

Report Date: September 20, 2019 20:43 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup shredded 47g	1 leaf inner 6g	1 leaf outer 28g	1 head 626g	1 NLEA serving 85g
Proximates							
Water	g	94.61	44.47	5.68	26.49	592.26	80.42
Energy	kcal	17	8	1	5	106	14
Protein	g	1.23	0.58	0.07	0.34	7.70	1.05
Total lipid (fat)	g	0.30	0.14	0.02	0.08	1.88	0.26
Carbohydrate, by difference	g	3.29	1.55	0.20	0.92	20.60	2.80
Fiber, total dietary	g	2.1	1.0	0.1	0.6	13.1	1.8
Sugars, total	g	1.19	0.56	0.07	0.33	7.45	1.01
Minerals							
Calcium, Ca	mg	33	16	2	9	207	28
Iron, Fe	mg	0.97	0.46	0.06	0.27	6.07	0.82
Magnesium, Mg	mg	14	7	1	4	88	12
Phosphorus, P	mg	30	14	2	8	188	26
Potassium, K	mg	247	116	15	69	1546	210
Sodium, Na	mg	8	4	0	2	50	7
Zinc, Zn	mg	0.23	0.11	0.01	0.06	1.44	0.20
Vitamins							
Vitamin C, total ascorbic acid	mg	4.0	1.9	0.2	1.1	25.0	3.4
Thiamin	mg	0.072	0.034	0.004	0.020	0.451	0.061
Riboflavin	mg	0.067	0.031	0.004	0.019	0.419	0.057
Niacin	mg	0.313	0.147	0.019	0.088	1.959	0.266
Vitamin B-6	mg	0.074	0.035	0.004	0.021	0.463	0.063
Folate, DFE	µg	136	64	8	38	851	116
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	436	205	26	122	2729	371
Vitamin A, IU	IU	8710	4094	523	2439	54525	7404
Vitamin E (alpha-tocopherol)	mg	0.13	0.06	0.01	0.04	0.81	0.11

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	102.5	48.2	6.2	28.7	641.6	87.1
Lipids							
Fatty acids, total saturated	g	0.039	0.018	0.002	0.011	0.244	0.033
Fatty acids, total monounsaturated	g	0.012	0.006	0.001	0.003	0.075	0.010
Fatty acids, total polyunsaturated	g	0.160	0.075	0.010	0.045	1.002	0.136
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0	0
Amino Acids							
Other							
Caffeine	mg	0	0	0	0	0	0