

**Basic Report 11252, Lettuce, iceberg (includes crisphead types), raw**
**Report Date: February 22, 2018 23:00 EST**

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup shredded 72g	1 cup, chopped (1/2" pieces, loosely packed) 57g	1 head, large 755g	1 head, medium (6" dia) 539g	1 head, small 324g	1 leaf, large 15g	1 leaf, medium 8g	1 leaf, small 5g	1 NLEA Serving 89g
<b>Proximates</b>											
Water	g	95.64	68.86	54.51	722.08	515.50	309.87	14.35	7.65	4.78	85.12
Energy	kcal	14	10	8	106	75	45	2	1	1	12
Protein	g	0.90	0.65	0.51	6.79	4.85	2.92	0.14	0.07	0.04	0.80
Total lipid (fat)	g	0.14	0.10	0.08	1.06	0.75	0.45	0.02	0.01	0.01	0.12
Carbohydrate, by difference	g	2.97	2.14	1.69	22.42	16.01	9.62	0.45	0.24	0.15	2.64
Fiber, total dietary	g	1.2	0.9	0.7	9.1	6.5	3.9	0.2	0.1	0.1	1.1
Sugars, total	g	1.97	1.42	1.12	14.87	10.62	6.38	0.30	0.16	0.10	1.75
<b>Minerals</b>											
Calcium, Ca	mg	18	13	10	136	97	58	3	1	1	16
Iron, Fe	mg	0.41	0.30	0.23	3.10	2.21	1.33	0.06	0.03	0.02	0.36
Magnesium, Mg	mg	7	5	4	53	38	23	1	1	0	6
Phosphorus, P	mg	20	14	11	151	108	65	3	2	1	18
Potassium, K	mg	141	102	80	1065	760	457	21	11	7	125
Sodium, Na	mg	10	7	6	76	54	32	2	1	0	9
Zinc, Zn	mg	0.15	0.11	0.09	1.13	0.81	0.49	0.02	0.01	0.01	0.13
<b>Vitamins</b>											
Vitamin C, total ascorbic acid	mg	2.8	2.0	1.6	21.1	15.1	9.1	0.4	0.2	0.1	2.5
Thiamin	mg	0.041	0.030	0.023	0.310	0.221	0.133	0.006	0.003	0.002	0.036
Riboflavin	mg	0.025	0.018	0.014	0.189	0.135	0.081	0.004	0.002	0.001	0.022
Niacin	mg	0.123	0.089	0.070	0.929	0.663	0.399	0.018	0.010	0.006	0.109
Vitamin B-6	mg	0.042	0.030	0.024	0.317	0.226	0.136	0.006	0.003	0.002	0.037
Folate, DFE	µg	29	21	17	219	156	94	4	2	1	26
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	25	18	14	189	135	81	4	2	1	22
Vitamin A, IU	IU	502	361	286	3790	2706	1626	75	40	25	447

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Vitamin E (alpha-tocopherol)	mg	0.18	0.13	0.10	1.36	0.97	0.58	0.03	0.01	0.01	0.16
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	24.1	17.4	13.7	182.0	129.9	78.1	3.6	1.9	1.2	21.4
<b>Lipids</b>											
Fatty acids, total saturated	g	0.018	0.013	0.010	0.136	0.097	0.058	0.003	0.001	0.001	0.016
Fatty acids, total monounsaturated	g	0.006	0.004	0.003	0.045	0.032	0.019	0.001	0.000	0.000	0.005
Fatty acids, total polyunsaturated	g	0.074	0.053	0.042	0.559	0.399	0.240	0.011	0.006	0.004	0.066
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0	0	0	0	0	0
<b>Amino Acids</b>											
<b>Other</b>											
Caffeine	mg	0	0	0	0	0	0	0	0	0	0