

Basic Report 11252, Lettuce, iceberg (includes crisphead types), raw

Report Date: September 18, 2019 20:06 EDT

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
Proximates											
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
Minerals											
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
Vitamins											
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
Lipids											
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
Amino Acids											
Other											
Caffeine	mg	0	0	0	0	0	0	0	0	0	0