

Full Report (All Nutrients) 11252, Lettuce, iceberg (includes crisphead types), raw

Report Date: July 17, 2019 22:42 EDT

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor:2.44 Nitrogen to Protein Conversion Factor:6.25

Refuse:5% Refuse Description: Core

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	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 1 2	g	95.64	44	0.110	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
Energy	kJ	58	--	--	42	33	438	313	188	9	5	3	52
Protein 1 2	g	0.90	23	0.030	0.65	0.51	6.79	4.85	2.92	0.14	0.07	0.04	0.80
Total lipid (fat) 1 2	g	0.14	30	0.010	0.10	0.08	1.06	0.75	0.45	0.02	0.01	0.01	0.12
Ash 1 2	g	0.36	23	0.010	0.26	0.21	2.72	1.94	1.17	0.05	0.03	0.02	0.32
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 2	g	1.2	14	0.052	0.9	0.7	9.1	6.5	3.9	0.2	0.1	0.1	1.1
Sugars, total 2	g	1.97	--	--	1.42	1.12	14.87	10.62	6.38	0.30	0.16	0.10	1.75
Sucrose 2	g	0.05	8	0.010	0.04	0.03	0.38	0.27	0.16	0.01	0.00	0.00	0.04
Glucose (dextrose) 2	g	0.91	8	0.060	0.66	0.52	6.87	4.90	2.95	0.14	0.07	0.05	0.81
Fructose 2	g	1.00	8	0.060	0.72	0.57	7.55	5.39	3.24	0.15	0.08	0.05	0.89
Lactose 2	g	0.00	5	0.000	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Maltose 2	g	0.00	5	0.000	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Galactose 2	g	0.00	4	0.000	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Minerals													
Calcium, Ca 1 2 3 4 5 6 7 8 9	mg	18	98	0.000	13	10	136	97	58	3	1	1	16
Iron, Fe 1 2 3 4 5 6 7 8 9	mg	0.41	97	0.040	0.30	0.23	3.10	2.21	1.33	0.06	0.03	0.02	0.36
Magnesium, Mg 1 2 3 4 5 6 7 8 9	mg	7	99	0.000	5	4	53	38	23	1	1	0	6

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Phosphorus, P 1 2 3 4 5 6 7 8 9	mg	20	98	0.000	14	11	151	108	65	3	2	1	18
Potassium, K 1 2 3 4 5 6 7 8 9	mg	141	98	3.000	102	80	1065	760	457	21	11	7	125
Sodium, Na 1 2 3 4 5 6 7 8 9	mg	10	91	0.000	7	6	76	54	32	2	1	0	9
Zinc, Zn 1 2 3 4 5 6 7 8 9	mg	0.15	93	0.004	0.11	0.09	1.13	0.81	0.49	0.02	0.01	0.01	0.13
Copper, Cu 1 2 3 4 5 6 7 8 9	mg	0.025	86	0.002	0.018	0.014	0.189	0.135	0.081	0.004	0.002	0.001	0.022
Manganese, Mn 1 2 3 4 5 6 7 8 9	mg	0.125	89	0.004	0.090	0.071	0.944	0.674	0.405	0.019	0.010	0.006	0.111
Selenium, Se 1 2 3 4 5 6 7 8 9	µg	0.1	63	0.025	0.1	0.1	0.8	0.5	0.3	0.0	0.0	0.0	0.1
Vitamins													
Vitamin C, total ascorbic acid 1 2	mg	2.8	23	0.100	2.0	1.6	21.1	15.1	9.1	0.4	0.2	0.1	2.5
Thiamin 1 2	mg	0.041	23	0.003	0.030	0.023	0.310	0.221	0.133	0.006	0.003	0.002	0.036
Riboflavin 1 2	mg	0.025	23	0.001	0.018	0.014	0.189	0.135	0.081	0.004	0.002	0.001	0.022
Niacin 1 2	mg	0.123	13	0.015	0.089	0.070	0.929	0.663	0.399	0.018	0.010	0.006	0.109
Pantothenic acid 1 2	mg	0.091	13	0.015	0.066	0.052	0.687	0.490	0.295	0.014	0.007	0.005	0.081
Vitamin B-6 1 2	mg	0.042	23	0.002	0.030	0.024	0.317	0.226	0.136	0.006	0.003	0.002	0.037
Folate, total 1 2	µg	29	23	3.000	21	17	219	156	94	4	2	1	26
Folic acid	µg	0	--	--	0	0	0	0	0	0	0	0	0
Folate, food	µg	29	23	3.000	21	17	219	156	94	4	2	1	26
Folate, DFE	µg	29	--	--	21	17	219	156	94	4	2	1	26
Choline, total 1	mg	6.7	--	--	4.8	3.8	50.6	36.1	21.7	1.0	0.5	0.3	6.0
Betaine 1	mg	0.1	2	--	0.1	0.1	0.8	0.5	0.3	0.0	0.0	0.0	0.1
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 B-12, added	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
Retinol	µg	0	--	--	0	0	0	0	0	0	0	0	0
Carotene, beta 1 2 10 11 12	µg	299	53	4.000	215	170	2257	1612	969	45	24	15	266
Carotene, alpha 1 2 10 11	µg	4	51	0.000	3	2	30	22	13	1	0	0	4
Cryptoxanthin, beta 1 2 10 11	µg	0	51	0.000	0	0	0	0	0	0	0	0	0
Vitamin A, IU	IU	502	--	--	361	286	3790	2706	1626	75	40	25	447
Lycopene 1 2 11	µg	0	9	0.000	0	0	0	0	0	0	0	0	0
Lutein + zeaxanthin 1 2 11	µg	277	9	25.000	199	158	2091	1493	897	42	22	14	247

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Vitamin E (alpha-tocopherol) 12	mg	0.18	13	0.010	0.13	0.10	1.36	0.97	0.58	0.03	0.01	0.01	0.16
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Tocopherol, beta 12	mg	0.00	13	0.000	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Tocopherol, gamma 12	mg	0.09	13	0.010	0.06	0.05	0.68	0.49	0.29	0.01	0.01	0.00	0.08
Tocopherol, delta 12	mg	0.00	13	0.002	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Tocotrienol, alpha 12	mg	0.01	7	0.000	0.01	0.01	0.08	0.05	0.03	0.00	0.00	0.00	0.01
Tocotrienol, beta 12	mg	0.00	7	0.000	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Tocotrienol, gamma 12	mg	0.00	7	0.000	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Tocotrienol, delta 12	mg	0.00	7	0.000	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
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), 12	µg	24.1	8	2.300	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
4:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
16:0	g	0.016	--	--	0.012	0.009	0.121	0.086	0.052	0.002	0.001	0.001	0.014
18:0	g	0.002	--	--	0.001	0.001	0.015	0.011	0.006	0.000	0.000	0.000	0.002
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
16:1 undifferentiated	g	0.001	--	--	0.001	0.001	0.008	0.005	0.003	0.000	0.000	0.000	0.001
18:1 undifferentiated	g	0.004	--	--	0.003	0.002	0.030	0.022	0.013	0.001	0.000	0.000	0.004
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
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
18:2 undifferentiated	g	0.021	--	--	0.015	0.012	0.159	0.113	0.068	0.003	0.002	0.001	0.019

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Proanthocyanidin													
Proanthocyanidin dimers 22 23	mg	0.0	3	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Proanthocyanidin trimers 22 23	mg	0.0	3	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Proanthocyanidin 4-6mers 22 23	mg	0.0	3	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Proanthocyanidin 7-10mers 22 23	mg	0.0	3	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Proanthocyanidin polymers (>10mers) 22 23	mg	0.0	3	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Sources of Data

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Langual Code(s)

- A0152 VEGETABLE OR VEGETABLE PRODUCT (US CFR)
- A1281 1100 VEGETABLES AND VEGETABLE PRODUCTS (USDA SR)
- B1390 LETTUCE
- C0151 HEAD (PLANT)
- E0150 WHOLE, NATURAL SHAPE
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION