

Basic Report 11253, Lettuce, green leaf, raw

Report Date: August 18, 2019 09:12 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup shredded 36g	1 head 360g	1 leaf inner 4.8g	1 leaf outer 24g
Proximates						
Water	g	94.98	34.19	341.93	4.56	22.80
Energy	kcal	15	5	54	1	4
Protein	g	1.36	0.49	4.90	0.07	0.33
Total lipid (fat)	g	0.15	0.05	0.54	0.01	0.04
Carbohydrate, by difference	g	2.87	1.03	10.33	0.14	0.69
Fiber, total dietary	g	1.3	0.5	4.7	0.1	0.3
Sugars, total	g	0.78	0.28	2.81	0.04	0.19
Minerals						
Calcium, Ca	mg	36	13	130	2	9
Iron, Fe	mg	0.86	0.31	3.10	0.04	0.21
Magnesium, Mg	mg	13	5	47	1	3
Phosphorus, P	mg	29	10	104	1	7
Potassium, K	mg	194	70	698	9	47
Sodium, Na	mg	28	10	101	1	7
Zinc, Zn	mg	0.18	0.06	0.65	0.01	0.04
Vitamins						
Vitamin C, total ascorbic acid	mg	9.2	3.3	33.1	0.4	2.2
Thiamin	mg	0.070	0.025	0.252	0.003	0.017
Riboflavin	mg	0.080	0.029	0.288	0.004	0.019
Niacin	mg	0.375	0.135	1.350	0.018	0.090
Vitamin B-6	mg	0.090	0.032	0.324	0.004	0.022
Folate, DFE	µg	38	14	137	2	9
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	370	133	1332	18	89
Vitamin A, IU	IU	7405	2666	26658	355	1777
Vitamin E (alpha-tocopherol)	mg	0.22	0.08	0.79	0.01	0.05

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0
Vitamin K (phylloquinone)	µg	126.3	45.5	454.7	6.1	30.3
Lipids						
Fatty acids, total saturated	g	0.020	0.007	0.072	0.001	0.005
Fatty acids, total monounsaturated	g	0.006	0.002	0.022	0.000	0.001
Fatty acids, total polyunsaturated	g	0.082	0.030	0.295	0.004	0.020
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Amino Acids						
Other						
Caffeine	mg	0	0	0	0	0