

Source: USDA National Nutrient Database for Standard Reference 27 Software v.2.0b

Basic Report

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**Nutrient data for: 11251,Lettuce, cos or romaine, raw**

| Nutrient                       | <u>0.3125"cup</u> | Unit | <u>1Value</u>  | <u>1.0"leaf</u>   | <u>1.0"leaf</u>    | <u>1.0"head</u> | <u>1.0"NLEA</u>  |
|--------------------------------|-------------------|------|----------------|-------------------|--------------------|-----------------|------------------|
|                                | <u>shredded"1</u> |      | <u>per100g</u> | <u>inner"6.0g</u> | <u>outer"28.0g</u> | <u>"626.0g</u>  | <u>serving"8</u> |
|                                | <u>4.69g</u>      |      |                |                   |                    |                 | <u>5.0g</u>      |
| Proximates                     |                   |      |                |                   |                    |                 |                  |
| Water                          | 13.9              | g    | 94.61          | 5.68              | 26.49              | 592.26          | 80.42            |
| Energy                         | 2                 | kcal | 17             | 1                 | 5                  | 106             | 14               |
| Protein                        | 0.18              | g    | 1.23           | 0.07              | 0.34               | 7.7             | 1.05             |
| Total lipid (fat)              | 0.04              | g    | 0.3            | 0.02              | 0.08               | 1.88            | 0.26             |
| Carbohydrate, by difference    | 0.48              | g    | 3.29           | 0.2               | 0.92               | 20.6            | 2.8              |
| Fiber, total dietary           | 0.3               | g    | 2.1            | 0.1               | 0.6                | 13.1            | 1.8              |
| Sugars, total                  | 0.17              | g    | 1.19           | 0.07              | 0.33               | 7.45            | 1.01             |
| Minerals                       |                   |      |                |                   |                    |                 |                  |
| Calcium, Ca                    | 5                 | mg   | 33             | 2                 | 9                  | 207             | 28               |
| Iron, Fe                       | 0.14              | mg   | 0.97           | 0.06              | 0.27               | 6.07            | 0.82             |
| Magnesium, Mg                  | 2                 | mg   | 14             | 1                 | 4                  | 88              | 12               |
| Phosphorus, P                  | 4                 | mg   | 30             | 2                 | 8                  | 188             | 26               |
| Potassium, K                   | 36                | mg   | 247            | 15                | 69                 | 1546            | 210              |
| Sodium, Na                     | 1                 | mg   | 8              | 0                 | 2                  | 50              | 7                |
| Zinc, Zn                       | 0.03              | mg   | 0.23           | 0.01              | 0.06               | 1.44            | 0.2              |
| Vitamins                       |                   |      |                |                   |                    |                 |                  |
| Vitamin C, total ascorbic acid | 0.6               | mg   | 4              | 0.2               | 1.1                | 25              | 3.4              |
| Thiamin                        | 0.011             | mg   | 0.072          | 0.004             | 0.02               | 0.451           | 0.061            |
| Riboflavin                     | 0.01              | mg   | 0.067          | 0.004             | 0.019              | 0.419           | 0.057            |
| Niacin                         | 0.046             | mg   | 0.313          | 0.019             | 0.088              | 1.959           | 0.266            |
| Vitamin B-6                    | 0.011             | mg   | 0.074          | 0.004             | 0.021              | 0.463           | 0.063            |
| Folate, DFE                    | 20                | Âµg  | 136            | 8                 | 38                 | 851             | 116              |
| Vitamin B-12                   | 0                 | Âµg  | 0              | 0                 | 0                  | 0               | 0                |
| Vitamin A, RAE                 | 64                | Âµg  | 436            | 26                | 122                | 2729            | 371              |
| Vitamin A, IU                  | 1279              | IU   | 8710           | 523               | 2439               | 54525           | 7404             |
| Vitamin E (alpha-tocopherol)   | 0.02              | mg   | 0.13           | 0.01              | 0.04               | 0.81            | 0.11             |
| Vitamin D (D2 + D3)            | 0                 | Âµg  | 0              | 0                 | 0                  | 0               | 0                |
| Vitamin D                      | 0                 | IU   | 0              | 0                 | 0                  | 0               | 0                |
| Vitamin K (phylloquinone)      | 15.1              | Âµg  | 102.5          | 6.2               | 28.7               | 641.6           | 87.1             |
| Lipids                         |                   |      |                |                   |                    |                 |                  |
| Fatty acids, total saturated   | 0.006             | g    | 0.039          | 0.002             | 0.011              | 0.244           | 0.033            |
| Fatty acids, total monounsatu  | 0.002             | g    | 0.012          | 0.001             | 0.003              | 0.075           | 0.01             |
| Fatty acids, total polyunsatur | 0.024             | g    | 0.16           | 0.01              | 0.045              | 1.002           | 0.136            |
| Cholesterol                    | 0                 | mg   | 0              | 0                 | 0                  | 0               | 0                |
| Other                          |                   |      |                |                   |                    |                 |                  |
| Caffeine                       | 0                 | mg   | 0              | 0                 | 0                  | 0               | 0                |