

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