

## Basic Report 11257, Lettuce, red leaf, raw

Report Date: June 18, 2017 10:19 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup shredded 28g	1 leaf inner 2,6g	1 leaf outer 17g	1 head 309g	1 NLEA serving 85g
<b>Proximates</b>							
Water	g	95.64	26.78	2.49	16.26	295.53	81.29
Energy	kcal	16	4	0	3	49	14
Protein	g	1.33	0.37	0.03	0.23	4.11	1.13
Total lipid (fat)	g	0.22	0.06	0.01	0.04	0.68	0.19
Carbohydrate, by difference	g	2.26	0.63	0.06	0.38	6.98	1.92
Fiber, total dietary	g	0.9	0.3	0.0	0.2	2.8	0.8
Sugars, total	g	0.48	0.13	0.01	0.08	1.48	0.41
<b>Minerals</b>							
Calcium, Ca	mg	33	9	1	6	102	28
Iron, Fe	mg	1.20	0.34	0.03	0.20	3.71	1.02
Magnesium, Mg	mg	12	3	0	2	37	10
Phosphorus, P	mg	28	8	1	5	87	24
Potassium, K	mg	187	52	5	32	578	159
Sodium, Na	mg	25	7	1	4	77	21
Zinc, Zn	mg	0.20	0.06	0.01	0.03	0.62	0.17
<b>Vitamins</b>							
Vitamin C, total ascorbic acid	mg	3.7	1.0	0.1	0.6	11.4	3.1
Thiamin	mg	0.064	0.018	0.002	0.011	0.198	0.054
Riboflavin	mg	0.077	0.022	0.002	0.013	0.238	0.065
Niacin	mg	0.321	0.090	0.008	0.055	0.992	0.273
Vitamin B-6	mg	0.100	0.028	0.003	0.017	0.309	0.085
Folate, DFE	µg	36	10	1	6	111	31
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	375	105	10	64	1159	319
Vitamin A, IU	IU	7492	2098	195	1274	23150	6368
Vitamin E (alpha-tocopherol)	mg	0.15	0.04	0.00	0.03	0.46	0.13

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	140.3	39.3	3.6	23.9	433.5	119.3
<b>Lipids</b>							
Fatty acids, total saturated	g	0.017	0.005	0.000	0.003	0.053	0.014
Fatty acids, total monounsaturated	g	0.005	0.001	0.000	0.001	0.015	0.004
Fatty acids, total polyunsaturated	g	0.072	0.020	0.002	0.012	0.222	0.061
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0	0
<b>Amino Acids</b>							
<b>Other</b>							
Caffeine	mg	0	0	0	0	0	0