

Salad Greens

Nutrition Facts

Serving Size: 1 cup butterhead lettuce,
shredded (55g)

Calories 7 Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 3mg 0%

Total Carbohydrate 1g 0%

Dietary Fiber 1g 2%

Sugars 1g

Protein 1g

Vitamin A 36% Calcium 2%

Vitamin C 3% Iron 4%

Other nutrients: Vitamin K (70%), Folate (10%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11250

Salad Greens

Nutrition Facts

Serving Size: 1 cup green leaf lettuce,
shredded (36g)

Calories 5 Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 1g 0%

Dietary Fiber 1g 2%

Sugars 0g

Protein 0g

Vitamin A 53% Calcium 1%

Vitamin C 11% Iron 2%

Other nutrients: Vitamin K (78%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11253

Salad Greens

Nutrition Facts

Serving Size: 1 cup red leaf lettuce,
shredded (28g)

Calories 4 Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 7mg 0%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 1%

Sugars 0g

Protein 0g

Vitamin A 42% Calcium 1%

Vitamin C 2% Iron 2%

Other nutrients: Vitamin K (49%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11257

Salad Greens

Nutrition Facts

Serving Size: ½ cup romaine lettuce,
shredded (47g)

Calories 8

Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 4mg 0%

Total Carbohydrate 2g 1%

Dietary Fiber 1g 4%

Sugars 1g

Protein 1g

Vitamin A 82%

Calcium 2%

Vitamin C 3%

Iron 3%

Other nutrients: Vitamin K (60%), Folate (16%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11251