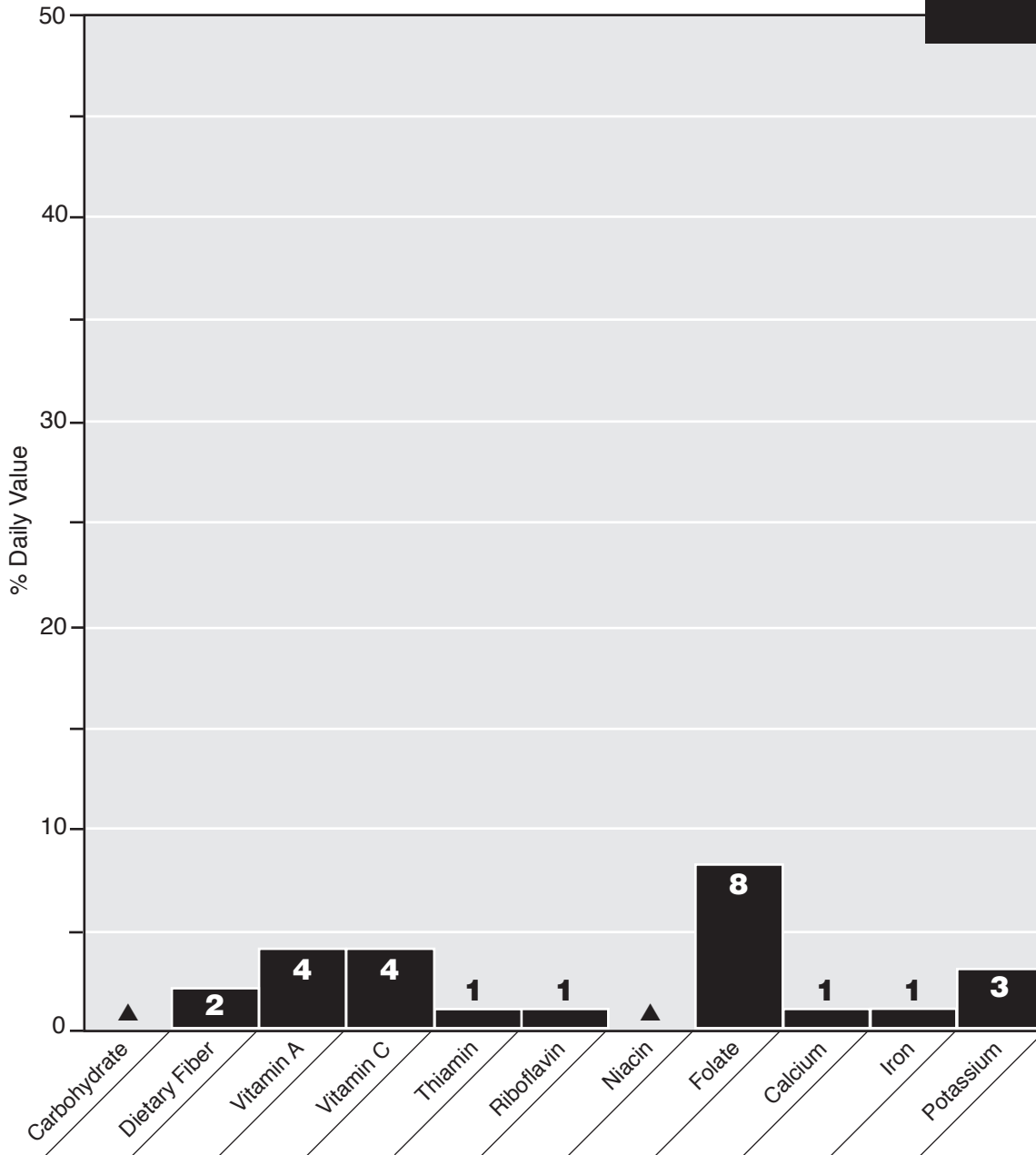


Iceberg Lettuce

Asteraceae Lactuca sativa

(analysis based on raw iceberg lettuce)



Serving Size

- 1 Cup Torn
- 59 Grams
- 6 Calories
 - 8% from fat
 - 19% from protein
 - 72% from carbohydrate
- 0.5 Gram Protein
- 1 Gram Carbohydrate
 - 1 gram dietary fiber
- 0.1 Gram Fat
- 57 Grams Water
- 5 Milligrams Sodium

▲ Trace

