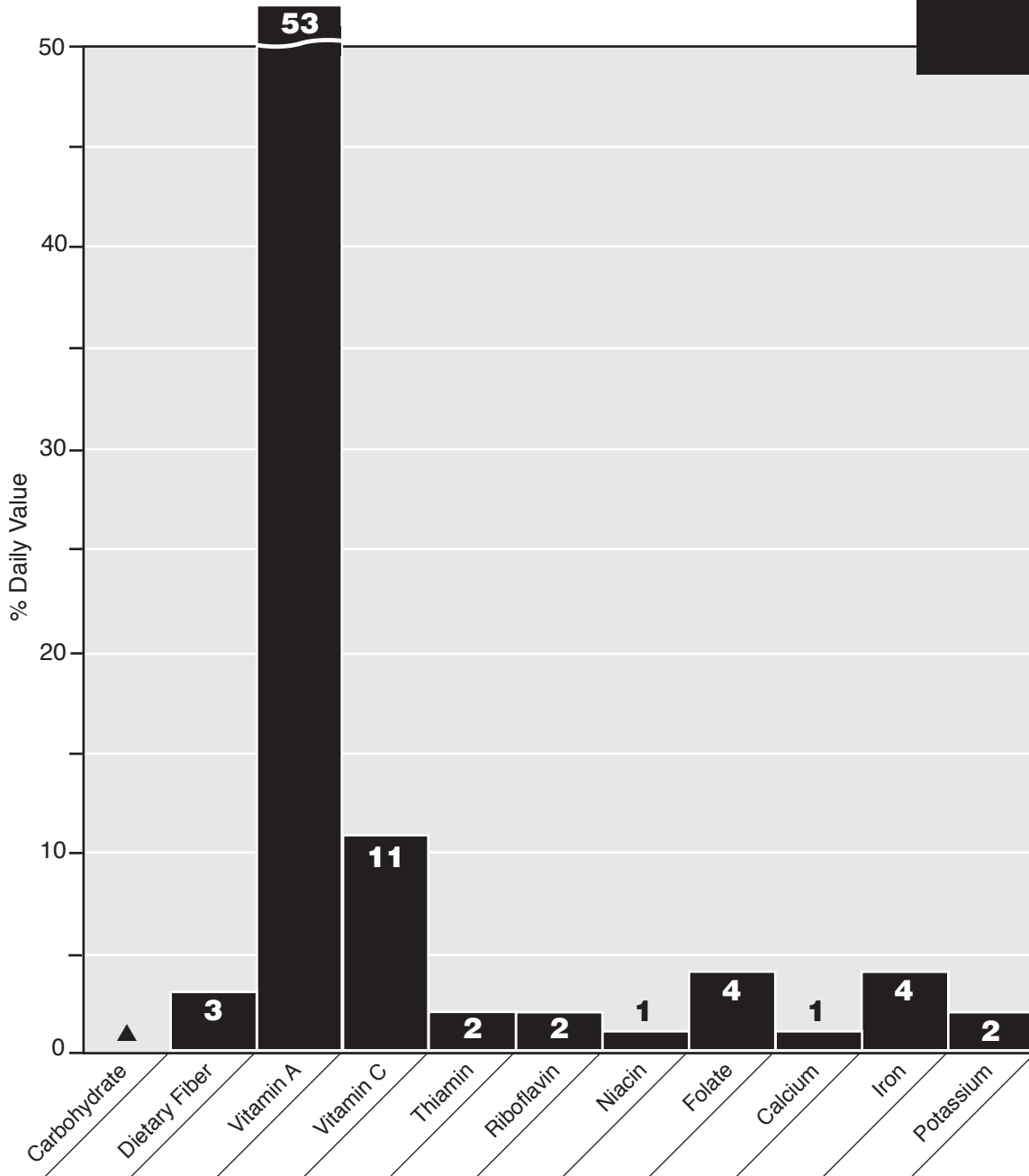


Leaf Lettuce

Asteraceae *Lactuca sativa*

(analysis based on raw green leaf lettuce)

Pictured from left: green leaf lettuce, butter lettuce, red leaf lettuce



Serving Size

- 1 Cup Shredded
- 36 Grams
- 5 Calories
 - 8% from fat
 - 24% from protein
 - 71% from carbohydrate
- 0.5 Gram Protein
- 1 Gram Carbohydrate
 - 1 gram dietary fiber
- 0.1 Gram Fat
- 34 Grams Water
- 10 Milligrams Sodium

▲ Trace

