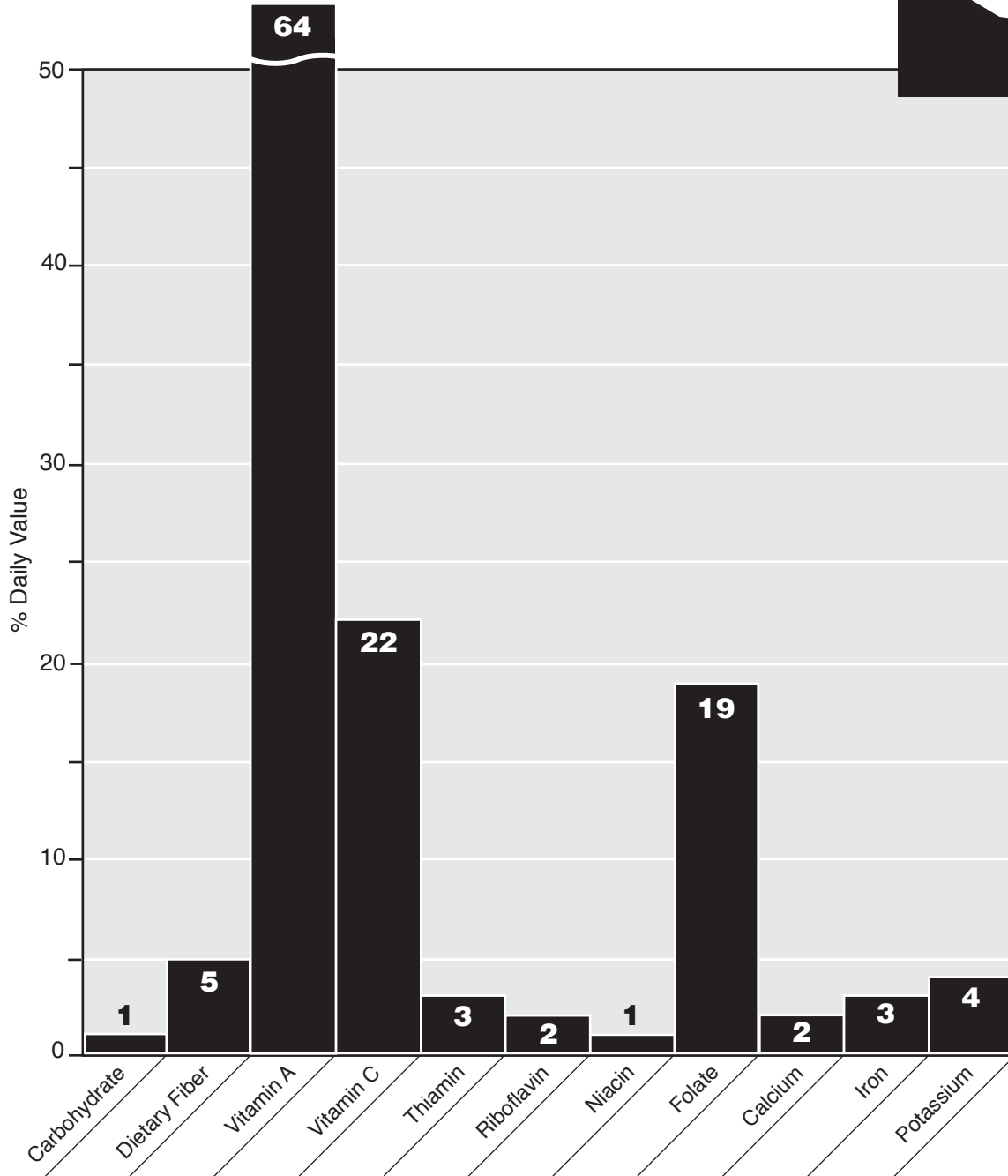


Romaine

Asteraceae *Lactuca sativa*
(analysis based on raw romaine)



Serving Size

- 1 Cup Torn
- 55 Grams
- 9 Calories
 - 15% from fat
 - 18% from protein
 - 69% from carbohydrate
- 1 Gram Protein
- 2 Grams Carbohydrate
 - 1 gram dietary fiber
- 0.2 Gram Fat
- 52 Grams Water
- 4 Milligrams Sodium

