



## Nutrition Facts

Serving Size:

1

cup shredded (36ggrams)

Lettuce Green Leaf

Amount Per Serving

**Calories**5.4

		% Daily Value*
Total Fat	0.1g grams	0% Daily Value
Saturated Fat	0g grams	0% Daily Value
<i>Trans</i> Fat	0g grams	
Polyunsaturated Fat	0g grams	
Monounsaturated Fat	0g grams	
Cholesterol	0mg milligrams	0% Daily Value
Sodium	10mg milligrams	0% Daily Value
Total Carbohydrates	1g grams	0% Daily Value
Dietary Fiber	0.5g grams	2% Daily Value
Sugars	0.3g grams	
Protein	0.5g grams	
Vitamin D	0mcg micrograms	0% Daily Value
Calcium	13mg milligrams	1% Daily Value
Iron	0.3mg milligrams	2% Daily Value
Potassium	69.8mg milligrams	1% Daily Value
Caffeine	0 mg	

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.