

Lettuce, Iceberg
Serving Size

(55g) grams

Amount Per Serving

Calories 10

	% Daily Value *
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 5 mg	0%
Total Carbohydrate 2 g	1%
Dietary Fiber 1 g	2%
Total Sugars 1 g	
Includes 0 g Added Sugars	0%
Protein 0 g	
Vitamin D 0 mcg	0%
Calcium 10 mg	0%
Iron 0.23 mg	2%
Potassium 80 mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Allergens:

Ingredients: