Published on MARKON (https://resources.markon.com)

Home > Nutrition Information > Nutrition Information

| Lettuce, Leaf Serving Size | |
|-------------------------------|----------------------|
| | , <i>j</i> / |
| grams Amount Per Serving | _ |
| Calories | 5 |
| | % Daily Value * |
| Total Fat 0 g | 0% |
| Saturated Fat 0 g | 0% |
| Trans Fat 0 g | |
| Cholesterol 0 mg | 0% |
| Sodium 10 mg | 0% |

| i allo i allo g | |
|---------------------------|----|
| Cholesterol 0 mg | 0% |
| Sodium 10 mg | 0% |
| Total Carbohydrate 1 g | 0% |
| Dietary Fiber 0 g | 0% |
| Total Sugars 0 g | |
| Includes 0 g Added Sugars | 0% |
| Protein 0 g | |
| | |
| Vitamin D 0 mcg | 0% |
| Calcium 13 mg | 0% |
| Iron 0.31 mg | 2% |
| | |

Potassium 70 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: