

**Full Report (All Nutrients) 11250, Lettuce, butterhead (includes boston and bibb types), raw**

**Report Date: March 22, 2017 18:43 EDT**

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

**Carbohydrate Factor: 3.57   Fat Factor: 8.37   Protein Factor:2.44   Nitrogen to Protein Conversion Factor:6.25**

**Refuse:26%   Refuse Description:   Outer leaves and core**

| Nutrient                                              | Unit | 1<br>Value<br>Per100 g | Data<br>points | Std. Error | 1 cup, shredded or<br>chopped<br>55g | 1 head (5" dia)<br>163g | 1 leaf, large<br>15g | 1 leaf, medium<br>7.5g | 1 leaf<br>5g |
|-------------------------------------------------------|------|------------------------|----------------|------------|--------------------------------------|-------------------------|----------------------|------------------------|--------------|
| <b>Proximates</b>                                     |      |                        |                |            |                                      |                         |                      |                        |              |
| Water <a href="#">1</a> <a href="#">2</a>             | g    | 95.63                  | 8              | 0.306      | 52.60                                | 155.88                  | 14.34                | 7.17                   | 4.78         |
| Energy                                                | kcal | 13                     | --             | --         | 7                                    | 21                      | 2                    | 1                      | 1            |
| Energy                                                | kJ   | 55                     | --             | --         | 30                                   | 90                      | 8                    | 4                      | 3            |
| Protein <a href="#">1</a> <a href="#">2</a>           | g    | 1.35                   | 8              | 0.096      | 0.74                                 | 2.20                    | 0.20                 | 0.10                   | 0.07         |
| Total lipid (fat) <a href="#">1</a> <a href="#">2</a> | g    | 0.22                   | 8              | 0.037      | 0.12                                 | 0.36                    | 0.03                 | 0.02                   | 0.01         |
| Ash <a href="#">1</a> <a href="#">2</a>               | g    | 0.57                   | 8              | 0.037      | 0.31                                 | 0.93                    | 0.09                 | 0.04                   | 0.03         |
| Carbohydrate, by difference                           | g    | 2.23                   | --             | --         | 1.23                                 | 3.63                    | 0.33                 | 0.17                   | 0.11         |
| Fiber, total dietary <a href="#">1</a>                | g    | 1.1                    | 4              | 0.229      | 0.6                                  | 1.8                     | 0.2                  | 0.1                    | 0.1          |
| Sugars, total                                         | g    | 0.94                   | --             | --         | 0.52                                 | 1.53                    | 0.14                 | 0.07                   | 0.05         |
| Sucrose <a href="#">1</a>                             | g    | 0.00                   | 4              | 0.000      | 0.00                                 | 0.00                    | 0.00                 | 0.00                   | 0.00         |
| Glucose (dextrose) <a href="#">1</a>                  | g    | 0.43                   | 4              | 0.090      | 0.24                                 | 0.70                    | 0.06                 | 0.03                   | 0.02         |
| Fructose <a href="#">1</a>                            | g    | 0.51                   | 4              | 0.087      | 0.28                                 | 0.83                    | 0.08                 | 0.04                   | 0.03         |
| Lactose <a href="#">1</a>                             | g    | 0.00                   | 4              | 0.000      | 0.00                                 | 0.00                    | 0.00                 | 0.00                   | 0.00         |
| Maltose <a href="#">1</a>                             | g    | 0.00                   | 4              | 0.000      | 0.00                                 | 0.00                    | 0.00                 | 0.00                   | 0.00         |
| Galactose <a href="#">1</a>                           | g    | 0.00                   | 4              | 0.000      | 0.00                                 | 0.00                    | 0.00                 | 0.00                   | 0.00         |
| <b>Minerals</b>                                       |      |                        |                |            |                                      |                         |                      |                        |              |
| Calcium, Ca <a href="#">1</a> <a href="#">2</a>       | mg   | 35                     | 8              | 4.110      | 19                                   | 57                      | 5                    | 3                      | 2            |
| Iron, Fe <a href="#">1</a> <a href="#">2</a>          | mg   | 1.24                   | 8              | 0.254      | 0.68                                 | 2.02                    | 0.19                 | 0.09                   | 0.06         |
| Magnesium, Mg <a href="#">1</a> <a href="#">2</a>     | mg   | 13                     | 8              | 1.379      | 7                                    | 21                      | 2                    | 1                      | 1            |
| Phosphorus, P <a href="#">1</a> <a href="#">2</a>     | mg   | 33                     | 8              | 1.389      | 18                                   | 54                      | 5                    | 2                      | 2            |

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|--------------------------------------------------------------------|------|---------------------|----------------|------------|--------------------------------------|-------------------------|----------------------|------------------------|--------------|
| Potassium, K <a href="#">1</a> <a href="#">2</a>                   | mg   | 238                 | 8              | 20.187     | 131                                  | 388                     | 36                   | 18                     | 12           |
| Sodium, Na                                                         | mg   | 5                   | 4              | 2.818      | 3                                    | 8                       | 1                    | 0                      | 0            |
| Zinc, Zn <a href="#">1</a> <a href="#">2</a>                       | mg   | 0.20                | 8              | 0.012      | 0.11                                 | 0.33                    | 0.03                 | 0.01                   | 0.01         |
| Copper, Cu <a href="#">1</a> <a href="#">2</a>                     | mg   | 0.016               | 8              | 0.002      | 0.009                                | 0.026                   | 0.002                | 0.001                  | 0.001        |
| Manganese, Mn <a href="#">1</a> <a href="#">2</a>                  | mg   | 0.179               | 8              | 0.029      | 0.098                                | 0.292                   | 0.027                | 0.013                  | 0.009        |
| Selenium, Se <a href="#">1</a> <a href="#">2</a>                   | µg   | 0.6                 | 8              | 0.143      | 0.3                                  | 1.0                     | 0.1                  | 0.0                    | 0.0          |
| Vitamins                                                           |      |                     |                |            |                                      |                         |                      |                        |              |
| Vitamin C, total ascorbic acid <a href="#">1</a> <a href="#">2</a> | mg   | 3.7                 | 8              | 0.717      | 2.0                                  | 6.0                     | 0.6                  | 0.3                    | 0.2          |
| Thiamin <a href="#">1</a> <a href="#">2</a>                        | mg   | 0.057               | 8              | 0.005      | 0.031                                | 0.093                   | 0.009                | 0.004                  | 0.003        |
| Riboflavin <a href="#">1</a> <a href="#">2</a>                     | mg   | 0.062               | 8              | 0.005      | 0.034                                | 0.101                   | 0.009                | 0.005                  | 0.003        |
| Niacin <a href="#">1</a> <a href="#">2</a>                         | mg   | 0.357               | 8              | 0.025      | 0.196                                | 0.582                   | 0.054                | 0.027                  | 0.018        |
| Pantothenic acid <a href="#">1</a> <a href="#">2</a>               | mg   | 0.150               | 8              | 0.009      | 0.083                                | 0.244                   | 0.022                | 0.011                  | 0.007        |
| Vitamin B-6 <a href="#">1</a> <a href="#">2</a>                    | mg   | 0.082               | 8              | 0.013      | 0.045                                | 0.134                   | 0.012                | 0.006                  | 0.004        |
| Folate, total                                                      | µg   | 73                  | 3              | 25.427     | 40                                   | 119                     | 11                   | 5                      | 4            |
| Folic acid                                                         | µg   | 0                   | --             | --         | 0                                    | 0                       | 0                    | 0                      | 0            |
| Folate, food                                                       | µg   | 73                  | 3              | 25.427     | 40                                   | 119                     | 11                   | 5                      | 4            |
| Folate, DFE                                                        | µg   | 73                  | --             | --         | 40                                   | 119                     | 11                   | 5                      | 4            |
| Choline, total <a href="#">2</a>                                   | mg   | 8.4                 | --             | --         | 4.6                                  | 13.7                    | 1.3                  | 0.6                    | 0.4          |
| Betaine <a href="#">2</a>                                          | mg   | 0.1                 | 2              | --         | 0.1                                  | 0.2                     | 0.0                  | 0.0                    | 0.0          |
| Vitamin B-12                                                       | µg   | 0.00                | --             | --         | 0.00                                 | 0.00                    | 0.00                 | 0.00                   | 0.00         |
| Vitamin B-12, added                                                | µg   | 0.00                | --             | --         | 0.00                                 | 0.00                    | 0.00                 | 0.00                   | 0.00         |
| Vitamin A, RAE                                                     | µg   | 166                 | --             | --         | 91                                   | 271                     | 25                   | 12                     | 8            |
| Retinol                                                            | µg   | 0                   | --             | --         | 0                                    | 0                       | 0                    | 0                      | 0            |
| Carotene, beta <a href="#">2</a>                                   | µg   | 1987                | 2              | --         | 1093                                 | 3239                    | 298                  | 149                    | 99           |
| Carotene, alpha <a href="#">2</a>                                  | µg   | 0                   | 2              | --         | 0                                    | 0                       | 0                    | 0                      | 0            |
| Cryptoxanthin, beta <a href="#">2</a>                              | µg   | 0                   | 2              | --         | 0                                    | 0                       | 0                    | 0                      | 0            |
| Vitamin A, IU                                                      | IU   | 3312                | --             | --         | 1822                                 | 5399                    | 497                  | 248                    | 166          |
| Lycopene <a href="#">2</a>                                         | µg   | 0                   | 2              | --         | 0                                    | 0                       | 0                    | 0                      | 0            |
| Lutein + zeaxanthin <a href="#">2</a>                              | µg   | 1223                | 2              | --         | 673                                  | 1993                    | 183                  | 92                     | 61           |
| Vitamin E (alpha-tocopherol) <a href="#">2</a>                     | mg   | 0.18                | 4              | 0.051      | 0.10                                 | 0.29                    | 0.03                 | 0.01                   | 0.01         |
| Vitamin E, added                                                   | mg   | 0.00                | --             | --         | 0.00                                 | 0.00                    | 0.00                 | 0.00                   | 0.00         |
| Tocopherol, beta <a href="#">2</a>                                 | mg   | 0.00                | 4              | 0.000      | 0.00                                 | 0.00                    | 0.00                 | 0.00                   | 0.00         |

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|---------------------------------------------------------------|------|---------------------|----------------|------------|--------------------------------------|-------------------------|----------------------|------------------------|--------------|
| Tocopherol, gamma <a href="#">2</a>                           | mg   | 0.27                | 4              | 0.026      | 0.15                                 | 0.44                    | 0.04                 | 0.02                   | 0.01         |
| Tocopherol, delta <a href="#">2</a>                           | mg   | 0.00                | 4              | 0.000      | 0.00                                 | 0.00                    | 0.00                 | 0.00                   | 0.00         |
| Vitamin D (D2 + D3)                                           | µg   | 0.0                 | --             | --         | 0.0                                  | 0.0                     | 0.0                  | 0.0                    | 0.0          |
| Vitamin D                                                     | IU   | 0                   | --             | --         | 0                                    | 0                       | 0                    | 0                      | 0            |
| Vitamin K (phylloquinone) <a href="#">1</a> <a href="#">2</a> | µg   | 102.3               | 8              | 9.891      | 56.3                                 | 166.7                   | 15.3                 | 7.7                    | 5.1          |
| Lipids                                                        |      |                     |                |            |                                      |                         |                      |                        |              |
| Fatty acids, total saturated                                  | g    | 0.029               | --             | --         | 0.016                                | 0.047                   | 0.004                | 0.002                  | 0.001        |
| 4:0                                                           | g    | 0.000               | --             | --         | 0.000                                | 0.000                   | 0.000                | 0.000                  | 0.000        |
| 6:0                                                           | g    | 0.000               | --             | --         | 0.000                                | 0.000                   | 0.000                | 0.000                  | 0.000        |
| 8:0                                                           | g    | 0.000               | --             | --         | 0.000                                | 0.000                   | 0.000                | 0.000                  | 0.000        |
| 10:0                                                          | g    | 0.000               | --             | --         | 0.000                                | 0.000                   | 0.000                | 0.000                  | 0.000        |
| 12:0                                                          | g    | 0.000               | --             | --         | 0.000                                | 0.000                   | 0.000                | 0.000                  | 0.000        |
| 14:0                                                          | g    | 0.000               | --             | --         | 0.000                                | 0.000                   | 0.000                | 0.000                  | 0.000        |
| 16:0                                                          | g    | 0.026               | --             | --         | 0.014                                | 0.042                   | 0.004                | 0.002                  | 0.001        |
| 18:0                                                          | g    | 0.003               | --             | --         | 0.002                                | 0.005                   | 0.000                | 0.000                  | 0.000        |
| Fatty acids, total monounsaturated                            | g    | 0.008               | --             | --         | 0.004                                | 0.013                   | 0.001                | 0.001                  | 0.000        |
| 16:1 undifferentiated                                         | g    | 0.002               | --             | --         | 0.001                                | 0.003                   | 0.000                | 0.000                  | 0.000        |
| 18:1 undifferentiated                                         | g    | 0.006               | --             | --         | 0.003                                | 0.010                   | 0.001                | 0.000                  | 0.000        |
| 20:1                                                          | g    | 0.000               | --             | --         | 0.000                                | 0.000                   | 0.000                | 0.000                  | 0.000        |
| 22:1 undifferentiated                                         | g    | 0.000               | --             | --         | 0.000                                | 0.000                   | 0.000                | 0.000                  | 0.000        |
| Fatty acids, total polyunsaturated                            | g    | 0.117               | --             | --         | 0.064                                | 0.191                   | 0.018                | 0.009                  | 0.006        |
| 18:2 undifferentiated                                         | g    | 0.034               | --             | --         | 0.019                                | 0.055                   | 0.005                | 0.003                  | 0.002        |
| 18:3 undifferentiated                                         | g    | 0.083               | --             | --         | 0.046                                | 0.135                   | 0.012                | 0.006                  | 0.004        |
| 18:4                                                          | g    | 0.000               | --             | --         | 0.000                                | 0.000                   | 0.000                | 0.000                  | 0.000        |
| 20:4 undifferentiated                                         | g    | 0.000               | --             | --         | 0.000                                | 0.000                   | 0.000                | 0.000                  | 0.000        |
| 20:5 n-3 (EPA)                                                | g    | 0.000               | --             | --         | 0.000                                | 0.000                   | 0.000                | 0.000                  | 0.000        |
| 22:5 n-3 (DPA)                                                | g    | 0.000               | --             | --         | 0.000                                | 0.000                   | 0.000                | 0.000                  | 0.000        |
| 22:6 n-3 (DHA)                                                | g    | 0.000               | --             | --         | 0.000                                | 0.000                   | 0.000                | 0.000                  | 0.000        |
| Fatty acids, total trans                                      | g    | 0.000               | --             | --         | 0.000                                | 0.000                   | 0.000                | 0.000                  | 0.000        |
| Cholesterol                                                   | mg   | 0                   | --             | --         | 0                                    | 0                       | 0                    | 0                      | 0            |
| Amino Acids                                                   |      |                     |                |            |                                      |                         |                      |                        |              |
| Tryptophan <a href="#">1</a> <a href="#">2</a>                | g    | 0.013               | --             | --         | 0.007                                | 0.021                   | 0.002                | 0.001                  | 0.001        |
| Threonine <a href="#">1</a> <a href="#">2</a>                 | g    | 0.041               | --             | --         | 0.023                                | 0.067                   | 0.006                | 0.003                  | 0.002        |

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|---------------------------------------------------|------|------------------------|----------------|------------|--------------------------------------|-------------------------|----------------------|------------------------|--------------|
| Isoleucine <a href="#">1</a> <a href="#">2</a>    | g    | 0.039                  | --             | --         | 0.021                                | 0.064                   | 0.006                | 0.003                  | 0.002        |
| Leucine <a href="#">1</a> <a href="#">2</a>       | g    | 0.071                  | --             | --         | 0.039                                | 0.116                   | 0.011                | 0.005                  | 0.004        |
| Lysine <a href="#">1</a> <a href="#">2</a>        | g    | 0.056                  | --             | --         | 0.031                                | 0.091                   | 0.008                | 0.004                  | 0.003        |
| Methionine <a href="#">1</a> <a href="#">2</a>    | g    | 0.014                  | --             | --         | 0.008                                | 0.023                   | 0.002                | 0.001                  | 0.001        |
| Cystine <a href="#">1</a> <a href="#">2</a>       | g    | 0.009                  | --             | --         | 0.005                                | 0.015                   | 0.001                | 0.001                  | 0.000        |
| Phenylalanine <a href="#">1</a> <a href="#">2</a> | g    | 0.053                  | --             | --         | 0.029                                | 0.086                   | 0.008                | 0.004                  | 0.003        |
| Tyrosine <a href="#">1</a> <a href="#">2</a>      | g    | 0.019                  | --             | --         | 0.010                                | 0.031                   | 0.003                | 0.001                  | 0.001        |
| Valine <a href="#">1</a> <a href="#">2</a>        | g    | 0.054                  | --             | --         | 0.030                                | 0.088                   | 0.008                | 0.004                  | 0.003        |
| Arginine <a href="#">1</a> <a href="#">2</a>      | g    | 0.051                  | --             | --         | 0.028                                | 0.083                   | 0.008                | 0.004                  | 0.003        |
| Histidine <a href="#">1</a> <a href="#">2</a>     | g    | 0.017                  | --             | --         | 0.009                                | 0.028                   | 0.003                | 0.001                  | 0.001        |
| Alanine <a href="#">1</a> <a href="#">2</a>       | g    | 0.054                  | --             | --         | 0.030                                | 0.088                   | 0.008                | 0.004                  | 0.003        |
| Aspartic acid <a href="#">1</a> <a href="#">2</a> | g    | 0.142                  | --             | --         | 0.078                                | 0.231                   | 0.021                | 0.011                  | 0.007        |
| Glutamic acid <a href="#">1</a> <a href="#">2</a> | g    | 0.206                  | --             | --         | 0.113                                | 0.336                   | 0.031                | 0.015                  | 0.010        |
| Glycine <a href="#">1</a> <a href="#">2</a>       | g    | 0.044                  | --             | --         | 0.024                                | 0.072                   | 0.007                | 0.003                  | 0.002        |
| Proline <a href="#">1</a> <a href="#">2</a>       | g    | 0.037                  | --             | --         | 0.020                                | 0.060                   | 0.006                | 0.003                  | 0.002        |
| Serine <a href="#">1</a> <a href="#">2</a>        | g    | 0.046                  | --             | --         | 0.025                                | 0.075                   | 0.007                | 0.003                  | 0.002        |
| Other                                             |      |                        |                |            |                                      |                         |                      |                        |              |
| Alcohol, ethyl                                    | g    | 0.0                    | --             | --         | 0.0                                  | 0.0                     | 0.0                  | 0.0                    | 0.0          |
| Caffeine                                          | mg   | 0                      | --             | --         | 0                                    | 0                       | 0                    | 0                      | 0            |
| Theobromine                                       | mg   | 0                      | --             | --         | 0                                    | 0                       | 0                    | 0                      | 0            |
| Flavonoids                                        |      |                        |                |            |                                      |                         |                      |                        |              |
| Anthocyanidins                                    |      |                        |                |            |                                      |                         |                      |                        |              |
| Cyanidin <a href="#">3</a>                        | mg   | 0.00                   | 8              | 0          | 0.00                                 | 0.00                    | 0.00                 | 0.00                   | 0.00         |
| Petunidin <a href="#">3</a>                       | mg   | 0.0                    | 8              | 0          | 0.0                                  | 0.0                     | 0.0                  | 0.0                    | 0.0          |
| Delphinidin <a href="#">3</a>                     | mg   | 0.0                    | 8              | 0          | 0.0                                  | 0.0                     | 0.0                  | 0.0                    | 0.0          |
| Malvidin <a href="#">3</a>                        | mg   | 0.0                    | 8              | 0          | 0.0                                  | 0.0                     | 0.0                  | 0.0                    | 0.0          |
| Pelargonidin <a href="#">3</a>                    | mg   | 0.0                    | 8              | 0          | 0.0                                  | 0.0                     | 0.0                  | 0.0                    | 0.0          |
| Peonidin <a href="#">3</a>                        | mg   | 0.0                    | 8              | 0          | 0.0                                  | 0.0                     | 0.0                  | 0.0                    | 0.0          |
| Flavan-3-ols                                      |      |                        |                |            |                                      |                         |                      |                        |              |
| (+)-Catechin <a href="#">3</a>                    | mg   | 0.0                    | 3              | 0          | 0.0                                  | 0.0                     | 0.0                  | 0.0                    | 0.0          |
| (-)-Epigallocatechin <a href="#">3</a>            | mg   | 0.0                    | 4              | 0          | 0.0                                  | 0.0                     | 0.0                  | 0.0                    | 0.0          |
| (-)-Epicatechin <a href="#">3</a>                 | mg   | 0.0                    | 4              | 0          | 0.0                                  | 0.0                     | 0.0                  | 0.0                    | 0.0          |

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|-----------------------------------------------------------------|------|------------------------|----------------|------------|--------------------------------------|-------------------------|----------------------|------------------------|--------------|
| (-)-Epicatechin 3-gallate <a href="#">3</a>                     | mg   | 0.0                    | 4              | 0          | 0.0                                  | 0.0                     | 0.0                  | 0.0                    | 0.0          |
| (-)-Epigallocatechin 3-gallate <a href="#">3</a>                | mg   | 0.0                    | 4              | 0          | 0.0                                  | 0.0                     | 0.0                  | 0.0                    | 0.0          |
| (+)-Gallocatechin <a href="#">3</a>                             | mg   | 0.0                    | 4              | 0          | 0.0                                  | 0.0                     | 0.0                  | 0.0                    | 0.0          |
| Flavanones                                                      |      |                        |                |            |                                      |                         |                      |                        |              |
| Hesperetin <a href="#">3</a>                                    | mg   | 0.0                    | 4              | 0          | 0.0                                  | 0.0                     | 0.0                  | 0.0                    | 0.0          |
| Naringenin <a href="#">3</a>                                    | mg   | 0.0                    | 4              | 0          | 0.0                                  | 0.0                     | 0.0                  | 0.0                    | 0.0          |
| Flavones                                                        |      |                        |                |            |                                      |                         |                      |                        |              |
| Apigenin <a href="#">3</a>                                      | mg   | 0.0                    | 8              | 0          | 0.0                                  | 0.0                     | 0.0                  | 0.0                    | 0.0          |
| Luteolin <a href="#">3</a>                                      | mg   | 0.0                    | 4              | 0          | 0.0                                  | 0.0                     | 0.0                  | 0.0                    | 0.0          |
| Flavonols                                                       |      |                        |                |            |                                      |                         |                      |                        |              |
| Kaempferol <a href="#">4</a>                                    | mg   | 0.0                    | 3              | 0.01       | 0.0                                  | 0.0                     | 0.0                  | 0.0                    | 0.0          |
| Myricetin <a href="#">3</a>                                     | mg   | 0.0                    | 8              | 0          | 0.0                                  | 0.0                     | 0.0                  | 0.0                    | 0.0          |
| Quercetin <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> | mg   | 2.7                    | 15             | 0.94       | 1.5                                  | 4.4                     | 0.4                  | 0.2                    | 0.1          |

Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 4f, 2000 Beltsville MD

<sup>2</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5h, 2001 Beltsville MD

<sup>3</sup>Harnly, J. M., Doherty, R., Beecher, G. R., Holden, J. M., Haytowitz, D. B., and Bhagwat, S., and Gebhardt S. **Flavonoid content of U.S. fruits, vegetables, and nuts**, 2006 J. Agric. Food Chem. 54 pp.9966-9977

<sup>4</sup>Bilyk, A., and Sapers, G. M. **Distribution of quercetin and kaempferol in lettuce, kale, chive, garlic chive, leek, horseradish, red radish, and red cabbage tissues.**, 1985 J. Agric. Food Chem. 33 pp.226-228

<sup>5</sup>Nicolle, C., Carnat, A., Fraisse, D., Lamison, J-L., Rock, E., Michel, H., Amouroux, P., and Remesy, C. **Characterization and variation of antioxidant micronutrients in lettuce (Lactuca sativa folium).**, 2004 J. Sci. Food Agric. 84 pp.2061-2069