

# Nutrition Facts

Lettuce Romaine Serving size (100g)

Amount Per Serving

**Calories**

**15**

|                              | <a href="http://www.ihcare.ae">www.ihcare.ae</a> | % Daily Value* |
|------------------------------|--|----------------|
| <b>Total Fat</b> 0g          |  | <b>0%</b>      |
| Saturated Fat 0g             |  | <b>0%</b>      |
| <i>Trans</i> Fat 0g          |  |                |
| <b>Cholesterol</b> 0mg       |  | <b>0%</b>      |
| <b>Sodium</b> 10mg           |  | <b>0%</b>      |
| <b>Total Carbohydrate</b> 3g |  | <b>1%</b>      |
| Dietary Fiber 2g             |  | <b>7%</b>      |
| Total Sugars 1g              |  |                |
| Includes 0g Added Sugars     |  | <b>0%</b>      |
| <b>Protein</b> 1g            |  | <b>2%</b>      |
| Vitamin D 0mcg               |  | 0%             |
| Calcium 39mg                 |  | 4%             |
| Iron 0.9mg                   |  | 4%             |
| Potassium 0mg                |  | 0%             |
| Vitamin A 18792mcg           |  | 170%           |
| Vitamin C 36mg               |  | 40%            |

\*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.