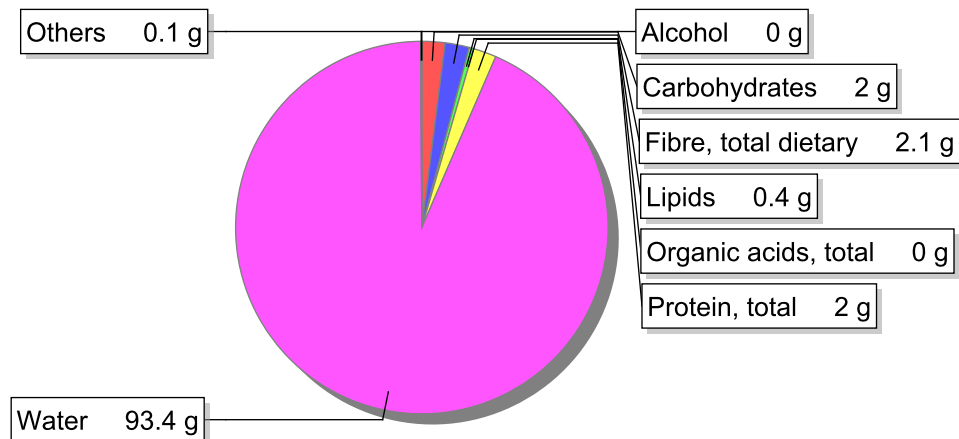


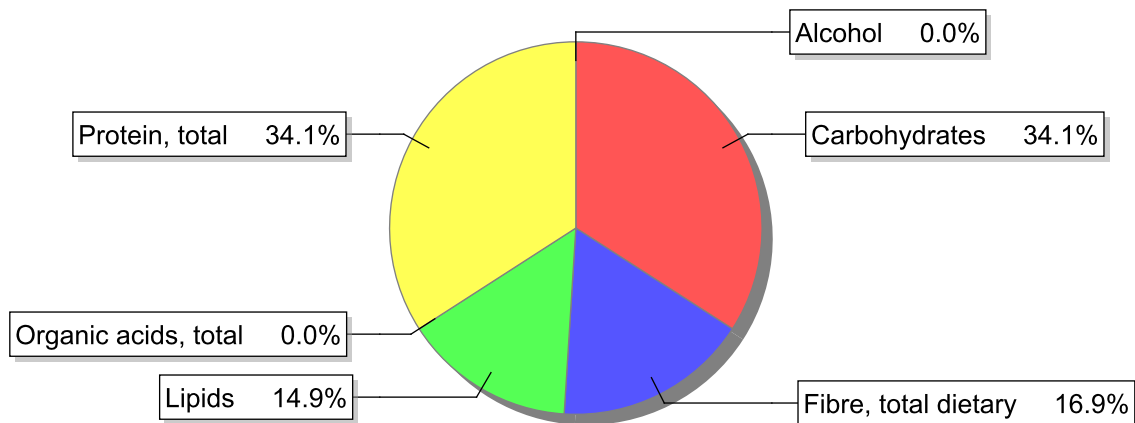
### Food

**Name:** Lamb's lettuce, raw  
**Group:** Todos  
**Subgroup:**  
**Edible Part:** 100%  
**Code:**  
**FoodEX2 Code:** A00KT

### Composition [g/100g]



### Energy



### Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	24	kcal	
energy kJ, total metabolisable	100	kJ	
fatty acids, total saturated	0.1	g	651, 654
fatty acids, total monounsaturated	0	g	654
fatty acids, total polyunsaturated	0.2	g	651, 654
fatty acid 18:2 n-6 cis,cis	0.1	g	651
fatty acids, total trans	0	g	651
sugars, total	2	g	654
sucrose	0	g	

Name	Value	Unit	Source(s)
<b>lactose</b>	0	g	
<b>salt</b>	0	g	
<b>starch, total</b>	0	g	654
<b>protein, total</b>	2	g	651, 654
<b>alcohol</b>	0	g	651, 654
<b>water</b>	93.4	g	651, 654
<b>organic acids, total</b>	0	g	
<b>cholesterol</b>	0	mg	651
<b>vitamin A; retinol equiv from retinol and carotenoid activities</b>	680	µg	651
<b>carotene, total (vitamin A precursors)</b>	4070	µg	651
<b>vitamin D</b>	0	µg	651, 654
<b>alpha-tocopherol</b>	0.3	mg	654
<b>thiamin</b>	0.08	mg	651, 654
<b>riboflavin</b>	0.08	mg	651, 654
<b>niacin, preformed</b>	0.4	mg	651, 654
<b>niacin equivalents, total</b>	0.5	mg	
<b>niacin equivalents from tryptophan</b>	0.1	mg	
<b>vitamin B-6, total</b>	0.19	mg	651, 654
<b>vitamin B-12</b>	0	µg	651, 654
<b>vitamin C</b>	39	mg	651, 654
<b>folate, total</b>	94.2	µg	651, 654
<b>iodide</b>	35	µg	654
<b>sodium</b>	9.5	mg	651, 654
<b>potassium</b>	380	mg	651, 654
<b>calcium</b>	32	mg	651, 654
<b>phosphorus</b>	52	mg	651, 654
<b>magnesium</b>	13	mg	654
<b>iron, total</b>	3.1	mg	651, 654
<b>zinc</b>	0.5	mg	654

## Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

## References

Id	Reference
651	NEVO-online, version 2014/4.0. RIVM, Bilthoven, The Netherlands, FoodExplorer
654	Swiss Food Composition Database, V3.01, FoodExplorer