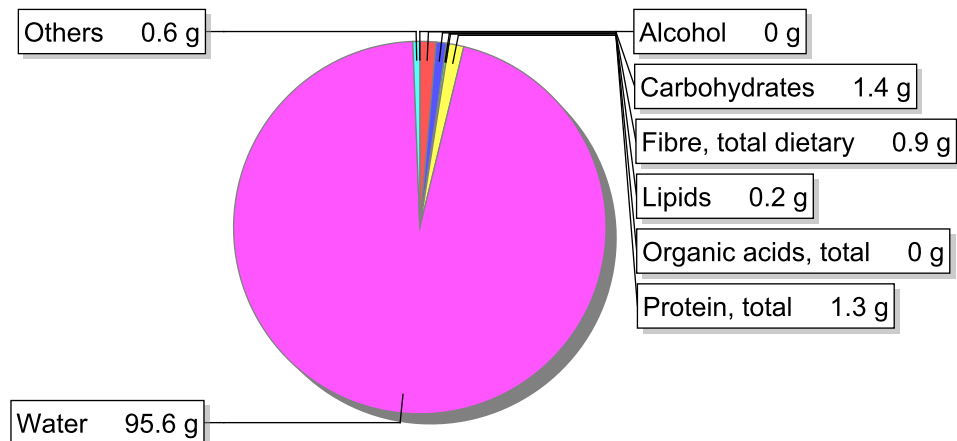


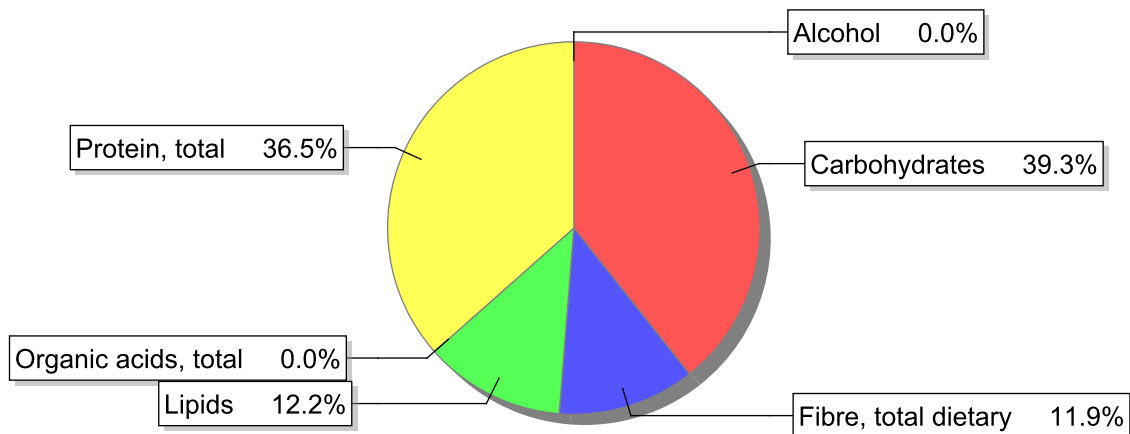
Food

Name: Letuce, red leaf
Group: Todos
Subgroup:
Edible Part: 47%
Code:
FoodEX2 Code: A00LB

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	15	kcal	
energy kJ, total metabolisable	61	kJ	
fatty acids, total saturated	0	g	116
fatty acids, total monounsaturated	0	g	116
fatty acids, total polyunsaturated	0.1	g	116
fatty acid 18:2 n-6 cis,cis	0	g	
fatty acids, total trans	0	g	
sugars, total	0.5	g	116
sucrose	0	g	116

Name	Value	Unit	Source(s)
lactose	0	g	116
salt	0.1	g	
starch, total	0	g	116
protein, total	1.3	g	116
alcohol	0	g	116
water	95.6	g	116
organic acids, total	0	g	
cholesterol	0	mg	116
vitamin A; retinol equiv from retinol and carotenoid activities	751	µg	651
carotene, total (vitamin A precursors)	4495	µg	116
vitamin D	0	µg	116
alpha-tocopherol	0.15	mg	116
thiamin	0.06	mg	116
riboflavin	0.08	mg	116
niacin, preformed	0.32	mg	116
niacin equivalents, total	0.42	mg	
niacin equivalents from tryptophan	0.1	mg	
vitamin B-6, total	0.1	mg	116
vitamin B-12	0	µg	116
vitamin C	3.7	mg	116
folate, total	36	µg	116
ash	0.55	g	116
sodium	25	mg	116
potassium	190	mg	116
calcium	33	mg	116
phosphorus	28	mg	116
magnesium	12	mg	116
iron, total	1.2	mg	116
zinc	0.2	mg	116
selenium, total	1.5	µg	116

Legend

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

References

Id	Reference
116	USDA National Nutrient Database for Standard Reference, Release 27 (dataset created 2014). FoodExplorer
651	NEVO-online, version 2014/4.0. RIVM, Bilthoven, The Netherlands, FoodExplorer