

Organic butterhead lettuce

Nutrition Facts

About 3.3 servings per container

Serving size1 cup (100g)

Amount per serving

Calories20

% Daily Value\*

Total Fat 0g0%

Saturated Fat 0g0%

Trans Fat 0g

Cholesterol 0mg0%

Sodium 5mg0%

Total Carbohydrate 2g1%

Dietary Fiber 1g4%

Total Sugars 1g

Includes 0g Added Sugars0%

Protein 1g

Vitamin D 0mcg0%

Calcium 40mg4%

Iron 1.2mg7%

Potassium 238mg7%

\* 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.