

## Romaine lettuce

# Nutrition Facts

About 6 servings per container

**Serving size** 2 cups (100g)

Amount per serving

**Calories**

**15**

% Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 25mg 1%

**Total Carbohydrate** 2g 1%

Dietary Fiber 2g 9%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein** <1g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0.7mg 4%

Potassium 247mg 7%

\* 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.

\* Nutritional Values based on the FDA.