

# Butterhead lettuce

## Nutrition Facts

About 3.3 servings per container

**Serving size** 1 cup (100g)

Amount per serving

**Calories** 20

% Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 5mg 0%

**Total Carbohydrate** 2g 1%

Dietary Fiber 1g

4%

Total Sugars 1g

Includes 0g Added Sugars 0%

**Protein** 1g

Vitamin D 0mcg 0%

Calcium 40mg 4%

Iron 1.2mg 7%

Potassium 238mg 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.