

Nutrition Facts

Lettuce Iceberg Serving size (100g)

Amount Per Serving

Calories

15

	www.ihcare.ae	% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
<i>Trans</i> Fat 0g		
Cholesterol 0mg		0%
Sodium 10mg		0%
Total Carbohydrate 3g		1%
Dietary Fiber 1g		4%
Total Sugars 2g		
Includes 0g Added Sugars		0%
Protein 1g		2%
Vitamin D 0mcg		0%
Calcium 26mg		2%
Iron 0.36mg		2%
Potassium 0mg		0%
Vitamin A 1080mcg		10%
Vitamin C 45mg		50%

*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.