



Food ID: D115

Food name and Description: Lettuce lvs & petioles

Scientific name: *Lactuca sativa*

Alternate/Common name(s): Letsugas dahon at tangkay

Edible portion: 79%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	94.1
Energy, calculated (kcal)	22
Protein (g)	1.3
Total Fat (g)	0.4
Carbohydrate, total (g)	3.4
Ash, total (g)	0.8

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.8
Sugars, total (g)	1.6

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	97
Phosphorus, P (mg)	34
Iron, Fe (mg)	3.4
Sodium, Na (mg)	17

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	1800
Retinol Activity Equivalent, RAE (µg)	150
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.11
Niacin (mg)	0.5
Ascorbic Acid, Vitamin C (mg)	19

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.05
Fatty acids, monounsaturated, total (g)	0.02
Fatty acids, polyunsaturated, total(g)	0.21
Cholesterol (mg)	0