

Nutrition Information for Lettuce and Leafy Greens

According to the 2015-2020 Dietary Guidelines for Americans, 2 cups of raw leafy greens can be considered 1 cup from the Vegetable Group.

1 CUP PORTIONS



Arugula



Butter Leaf



Green Leaf



Iceberg



Red Leaf



Romaine



Spinach



Spring Mix*

| | | | | | | | | | |
|---|------|-------------|-------------|-------------|------------|-------------|-------------|--------------|-------------|
| Weight of 1 cup shredded or 1 cup small leaves | g | 20 | 55 | 36 | 72 | 28 | 47 | 30 | 25 |
| Water content | g | 18 | 53 | 34 | 69 | 27 | 44 | 27 | 23 |
| Percent water by weight | | 92% | 96% | 95% | 96% | 96% | 95% | 91% | 92% |
| Calories | kcal | 5 | 7 | 5 | 10 | 4 | 8 | 7 | 5 |
| Total Fat | g | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Saturated Fat | g | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Trans Fat | g | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Cholesterol | mg | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Sodium | mg | 5 | 3 | 10 | 7 | 7 | 4 | 24 | 9 |
| Total Carbohydrate | g | <1 | 1 | 1 | 2 | <1 | 2 | 1 | 1 |
| Dietary Fiber | g | 0.3 | 0.6 | 0.5 | 1 | 0.3 | 1 | 0.7 | 1 |
| Total Sugars | g | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 |
| Protein | g | 0.5 | 0.7 | 0.5 | 0.7 | 0.4 | 0.6 | 0.9 | 0.7 |
| Vitamin D | IU | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Calcium | mg | 32 (2.5*) | 19 (1.5*) | 13 (1*) | 13 (1*) | 9 (0.7*) | 16 (1.2*) | 30 (2.3*) | 18 (1.4*) |
| Iron | mg | 0.29 (1.6*) | 0.68 (3.8*) | 0.31 (1.7*) | 0.3 (1.7*) | 0.34 (1.9*) | 0.46 (2.6*) | 0.81 (4.5*) | 0.32 (1.8*) |
| Potassium | mg | 74 (1.6*) | 131 (2.8*) | 70 (1.5*) | 102 (2.2*) | 52 (1.1*) | 116 (2.5*) | 167 (3.6*) | 85 (1.8*) |
| Magnesium | mg | 9 (2.1*) | 7 (1.7*) | 5 (1.2*) | 5 (1.2*) | 3 (0.7*) | 7 (1.7*) | 24 (5.7*) | 8 (1.9*) |
| Phosphorous | mg | 10 (0.8*) | 18 (1.4*) | 10 (0.8*) | 14 (1.1*) | 8 (0.6*) | 14 (1.1*) | 15 (1.2*) | 10 (0.8*) |
| Zinc | mg | 0.09 (0.8*) | 0.11 (1*) | 0.06 (0.5*) | 0.11 (1*) | 0.06 (0.5*) | 0.11 (0.5*) | 0.16 (1.5*) | 0.13 (1.2*) |
| Folate, DFE | µg | 19 (4.8*) | 40 (10*) | 14 (3.5*) | 21 (5.3*) | 10 (2.5*) | 64 (16*) | 58 (14.5*) | 26 (6.5*) |
| Vitamin A, IU | IU | 24 (3*) | 91 (10.1*) | 133 (15*) | 18 (2*) | 105 (11.7*) | 205 (22.7*) | 141 (15.6*) | 17.7 (2*) |
| Vitamin C | mg | 3 (3.3*) | 2 (2.2*) | 3.3 (3.7*) | 2 (2.2*) | 1 (1.1*) | 1.9 (2.1*) | 8.4 (9.3*) | 3.7 (4.1*) |
| Vitamin K | µg | 22 (18.3*) | 56 (46.7*) | 46 (38.3*) | 17 (14.2*) | 39 (32.5*) | 48 (40*) | 145 (120.8*) | 62 (51.7*) |

*Percent of Daily Value (%DV)

Data Source: USDA National Nutrient Database for Standard Reference (Release 28)

(Note that the USDA data for endive and escarole are identical.)

*Data Source: Nutritionist Pro (version 7.0.0), Canadian Nutrient File



Excellent source: 20% of DV or greater

Good Source: 10 - 19% of DV

Also provides: 5 - 9% of DV

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According to the 2015-2020 Dietary Guidelines for Americans, 2 cups of raw leafy greens can be considered 1 cup from the Vegetable Group.

1 CUP PORTIONS



Cabbage, Green

Cabbage, Red

Cabbage, Savoy

Chard

Endive

Escarole

Kale

| | | | | | | | | |
|---|------|--------------|--------------|--------------|--------------|-------------|-------------|-------------|
| Weight of 1 cup shredded or 1 cup small leaves | g | 70 | 70 | 70 | 36 | 50 | 50 | 16 |
| Water content | g | 65 | 63 | 64 | 33 | 47 | 47 | 13 |
| Percent water by weight | | 92% | 90% | 91% | 93% | 94% | 94% | 84% |
| Calories | kcal | 18 | 22 | 19 | 7 | 9 | 9 | 8 |
| Total Fat | g | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Saturated Fat | g | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Trans Fat | g | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Cholesterol | mg | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Sodium | mg | 13 | 19 | 20 | 77 | 11 | 11 | 6 |
| Total Carbohydrate | g | 4 | 5 | 4 | 1 | 2 | 2 | 1 |
| Dietary Fiber | g | 1.8 | 1.5 | 2.2 | 0.6 | 1.6 | 1.6 | 0.6 |
| Total Sugars | g | 2 | 3 | 2 | 0 | 0 | 0 | 0 |
| Protein | g | 0.9 | 1 | 1.4 | 0.7 | 0.6 | 0.6 | 0.7 |
| Vitamin D | IU | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Calcium | mg | 28 (2.2*) | 32 (2.5*) | 24 (1.8%) | 18 (1.4*) | 26 (2*) | 26 (2*) | 63.5 (1.8*) |
| Iron | mg | 0.33 (1.8*) | 0.56 (3.1*) | 0.28 (1.6%) | 0.65 (3.6*) | 0.42 (2.3*) | 0.42 (2.3*) | 0.4 (2.2*) |
| Potassium | mg | 119 (2.5*) | 170 (3.6*) | 161 (3.4%) | 136 (2.9*) | 157 (3.3*) | 157 (3.3*) | 87 (1.8*) |
| Magnesium | mg | 8 (1.9*) | 11 (2.6*) | 20 (4.8%) | 29 (6.9*) | 8 (1.9*) | 8 (1.9*) | 8 (1.9*) |
| Phosphorous | mg | 18 (1.4*) | 21 (1.7*) | 29 (2.3%) | 17 (1.4*) | 14 (1.1*) | 14 (1.1*) | 14 (1.1*) |
| Zinc | mg | 0.13 (1.2*) | 0.15 (1.4*) | 0.19 (1.7%) | 0.13 (1.2*) | 0.4 (3.6*) | 0.4 (3.6*) | 0.09 (0.8*) |
| Folate, DFE | µg | 30 (7.5*) | 13 (3.3*) | 56 (14%) | 5 (1.3*) | 71 (17.8*) | 71 (17.8*) | 15.5 (3.9*) |
| Vitamin A, IU | IU | 4.5 (0.5*) | 50.4 (5.6*) | 35 (3.9%) | 110 (12.2*) | 54 (6*) | 60.2 (6.6*) | 1598 (8.9*) |
| Vitamin C | mg | 25.6 (28.4*) | 39.9 (44.3*) | 21.7 (24.1%) | 10.8 (12*) | 3.3 (3.7*) | 3.3 (3.7*) | 23.4 (26*) |
| Vitamin K | µg | 53 (44.2*) | 27 (22.5*) | 48 (40%) | 299 (249.2*) | 116 (96.7*) | 116 (96.7*) | 97.5 (81*) |

*Percent of Daily Value (%DV)

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