




Nutrient Content of Salad Greens

		Iceberg Lettuce	Green Leaf Lettuce	Baby Spinach
				
Serving size		100 grams	100 grams	100 grams
Calories		14	15	23
Fiber (g)		1.2	1.3	2.2
Nutrients	Iron (mg)	0.41	0.86	2.71
	Potassium (mg)	141	194	558
	Calcium (mg)	18	36	99
	Vitamin A (mcg)	25	370	469
	Folate (mcg)	29	38	194



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