

136432

Romaine Lettuce

Serving Size	1 1/2 cup chopped, 3 oz	18
Calories		
Protein	1 gram	
Carbohydrate	2 grams	
Fat	1 gram	
Cholesterol	0 milligrams	
Sodium	40 milligrams	
Potassium	150 milligrams	
Dietary Fiber	1 gram	
% of USRDA daily requirements		
Protein		2%
Vitamin A		10%
Vitamin C		6%
Iron		2%

Green Onion

Serving Size	1/4 cup chopped, 25 grams	10
Calories		
Protein	0 grams	
Carbohydrate	2 grams	
Fat	0 gram	
Cholesterol	0 milligrams	
Sodium	5 milligrams	
Potassium	70 milligrams	
Dietary Fiber	1 gram	
% of USRDA daily requirements		
Protein		*
Vitamin A		2%
Vitamin C		8%
Thiamin		*
Vitamin E		*

Kale

Serving Size	1 cup chopped, 67 grams	33.5
Calories		
Protein	2.2 grams	
Carbohydrate	6.7 grams	
Fat	0.5 gram	
Cholesterol	0 milligrams	
Sodium	28.8 milligrams	
Dietary Fiber	1.3 grams	
Omega 3	.1 grams	
Fatty Acids*		

Tomatoes

Serving Size	5.3s oz	35
Calories		
Protein	1 gram	
Carbohydrate	6 grams	
Fat	1 gram	
Cholesterol	0 milligrams	
Sodium	10 milligrams	
Potassium	360 milligrams	
Dietary Fiber	1 gram	
% of USRDA daily requirements		
Protein		2%
Vitamin A		20%
Vitamin C		40%
Iron		2%

136432 & # 136408