

Greens and Lettuce

Diet ingredient	Lettuce, green leaf, raw	Lettuce, red leaf, raw	Mustard greens, raw	Turnip greens, raw	Kale, raw	Spinach	Romaine, raw (no core)
Moisture (%)*, **	95.0	95.6	90.8	89.7	84.5	91.4	94.6
Gross Energy (kcal/kg)	3042	3670	2826	3098	3218	2674	3154
Crude Protein (%)	27.6	30.5	29.3	14.5	21.2	33.3	22.8
Crude fat (%)	3.0	5.0	2.2	2.9	4.5	4.5	5.6
Ash (%)	12.6	12.6	15.2	13.6	9.8	20.0	10.8
Total Carbohydrate (%)	56.6	51.8	53.3	69.0	64.4	42.2	61.0
Crude Fiber (%)	26.4	20.6	35.9	31.0	12.9	25.6	39.0
Sugars (%)	15.8	11.0	17.4	7.8	0.0	4.9	22.1
Starch (%)	***						
Ca (mg/kg)	7301	7569	11196	18393	8687	11512	6122
P (mg/kg)	5881	6422	4674	4066	3604	5698	5566
Fe (mg/kg)	174.4	275.2	158.7	106.5	109.4	315.1	180.0
Cu (mg/kg)	5.9	6.4	16.0	33.9	18.7	15.1	8.9
Mn (mg/kg)	50.7	46.6	52.2	45.1	49.8	104.3	28.8
Zn (mg/kg)	36.5	45.9	21.7	1.8	28.3	61.6	42.7
Se (mg/kg)	0.1	0.3	0.1	0.1	0.1	0.1	0.1
Mg (mg/kg)	2636	2752	3478	3001	2188	9186	2597
Na (mg/kg)	5678	5734	2717	3872	2767	9186	1484
K (mg/kg)	39343	42890	38478	28654	28764	64884	45826
Vit C (mg/kg)	3650	849	7609	5808	7722	3267	4453
Thiamin (mg/kg)	14.2	14.7	8.7	6.8	7.1	9.1	13.4
Riboflavin (mg/kg)	16.2	17.7	12.0	9.7	8.4	22.0	12.4
Niacin (mg/kg)	76.1	73.6	87.0	58.1	64.4	84.2	58.1
Pantothenic acid (mg/kg)	27.2	33.0	22.8	36.8	5.8	7.6	26.3
Pyridoxine (mg/kg)	18.3	22.9	19.6	25.5	17.4	22.7	13.7
Folate (mg/kg)	7.7	8.3	20.3	18.8	1.9	22.6	25.2
Oxalate (mg/kg)				4840	1287	112791	61224
Choline (mg/kg)	2718	2706	43	0	0	2093	1837
Vit B12 (ug/kg)	0	0	0	0	0	0	0
Retinol (ug/kg)	0	0	0	0	0	0	0
β carotene (mg/kg)	901.0	1031.0	684.8	673.0	593.7	654.2	646.4
Vit E (mg/kg)	58.8	34.4	218.5	276.9	0.0	236.0	24.1
Vit K (mg/kg)	35.29	32.11	54.02	24.30	52.57	56.15	19.02
Conversions for measuring (c=cup; L= large; S= small)	1 c = 36 g; 1 leaf = 5 g	1 c = 28 g; 1 leaf = 2.6 g	1 c = 56 g	1 c chopped = 55 g	1 c chopped = 67 g	1 c = 30 g; 1 leaf bunch = 10 g	1 c = 47 g; 1 leaf: L = 28 g, S = 6 g

*All nutrients, except moisture, are presented on a Dry Matter Basis for accurate comparison

**Data gathered USDA Nutrient Data Laboratory (<http://www.nal.usda.gov/fnic/foodcomp/search/>)

***Blank entries reflect lack of data

Updated 12/08