



Lettuce, Iceberg

Purchasing Specifications

Availability:

Year round

Growing Regions:

USA

Receiving Information:

- Iceberg lettuce is characterized by compact heads, light green color, crisp texture, and delicate flavor.

Storage/Handling:

- Ethylene Producer: No
- Ethylene Sensitive: Yes
- Water Sprinkle: OK
- Odor Producer: No
- Ripens After Harvest: No
- Mist: OK
- Russet spotting on leaves: Leaf lettuce is sensitive to ethylene; exposure to the gas may cause russet (brown) spotting of the leaves or loss of green color. To prevent russet spotting, keep lettuce away from ethylene-producing fruits and ripening rooms.

- Wilting: Lettuce may wilt if it is exposed to drafts or stored at warm temperatures. To prevent wilting, keep lettuce away from any drafts.
- Russet spotting: Lettuce may exhibit russet (brown) spotting if exposed to ethylene gas. To avoid russet spotting, keep lettuce away from ethylene-producing fruits and ripening rooms.
- Deterioration: Storing leaf lettuce at high temperatures may promote repaid deterioration. Rough handling of the product may also promote deterioration of bruised leaves. Always handle with care.
- Dried translucent leaves: This is an indication of freeze damage.

- Shape: Cabbage-like head, tightly packed rounded leaves.
- Usage: Good for salads and on sandwiches.
- Phytochemical: Quercetins.
- Skin Texture: Smooth.
- Flesh Description: Very crispy texture, white to pale green leaves.
- Taste: Very mild flavor.
- Color: White to pale or light green.

Nutrition Facts

Serving Size: 1 cup, shredded or chopped

Amount Per Serving

	Fat Calories
	% Daily Value*
Calories 8	
Total Fat 0g	
Sat Fat 0g	0%
Trans Fat	
Cholesterol 0 mg	0%
Sodium 6mg	0%
Total Carbohydrates 2g	1%
Dietary Fiber 1g	3%
Sugars 1g	
Protein 0g	1%
Potassium 78mg	2%
Vitamin A 2%	Vitamin C 2%
Calcium 1%	Iron 1%