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Add lettuce and tomato to your sandwich. Tomatoes and lettuce both provide you with fiber.

Lettuce and Tomato NNC

Serving Size 1 Serving **Carbs: 2.20**

Served on Wed, 11/19/2025

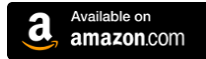
Allergens



Tomato

Nutrients

Calories	10.85
Carbohydrate (gm)	2.20
Fiber (gm)	1.11
Total Fat (gm)	0.16
Saturated Fat (gm)	0.02
Protein (gm)	0.69



Disclaimer

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