



BELGIAN ENDIVE NUTRITION FACTS

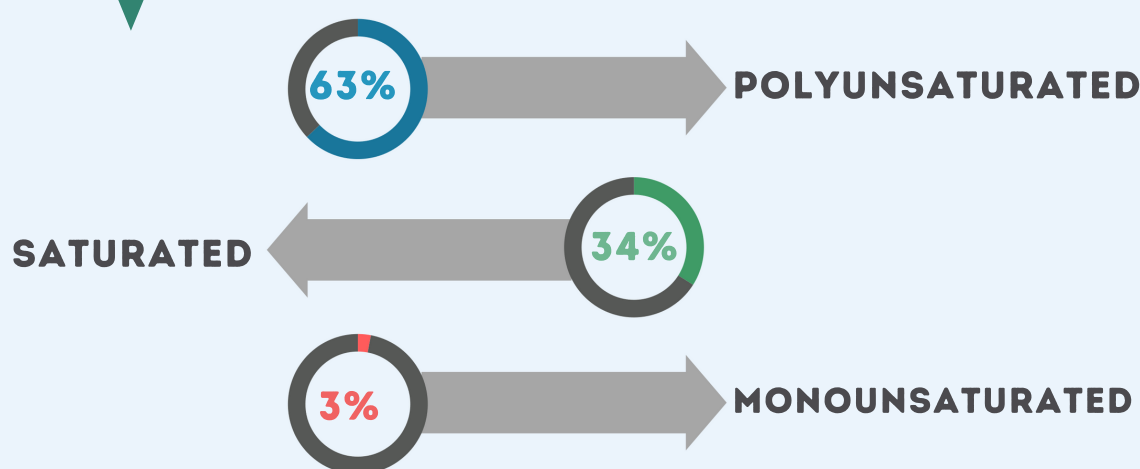


CALORIES 17/100GM

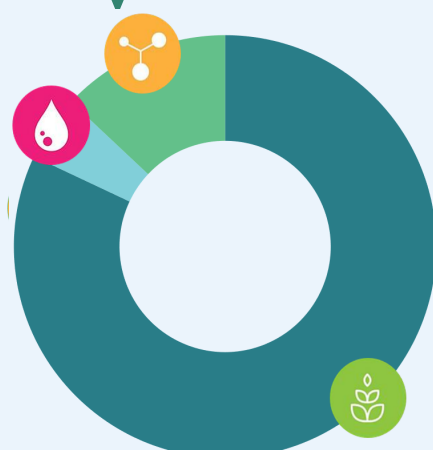
	AMOUNT		AMOUNT
CARBOHYDRATE	4 G	NIACIN	0.160 MG
FAT	0.10 G	VITAMIN A	1 MCG
PROTEIN	0.90 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.042 MG
FIBER	3.1 G	VITAMIN C	2.8 MG
RIBOFLAVIN	0.027 MG	VITAMIN D	0.00
SODIUM, NA	2 MG	FOLATE	37 MCG
THIAMIN	0.062 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



CARBOHYDRATE 82%

FAT 5%

PROTEIN 13%

BELGIAN ENDIVE OTHER NAMES

CICHORIUM INTYBUS
 CHICORY
 DUTCH WITLOF
 WITLOOF CHICORY

MINERALS IN BELGIAN ENDIVE

19 MG CALCIUM, CA 1 % (DV)

0.051 MG COPPER, CU 6 % (DV)

0.24 MG IRON, FE 1 % (DV)

10 MG MAGNESIUM, MG 2 % (DV)

0.2 MCG SELENIUM, SE 0 % (DV)

26 MG PHOSPHORUS, P 4 % (DV)

211 MG POTASSIUM, K 4 % (DV)

0.16 MG ZINC, ZN 1 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.