

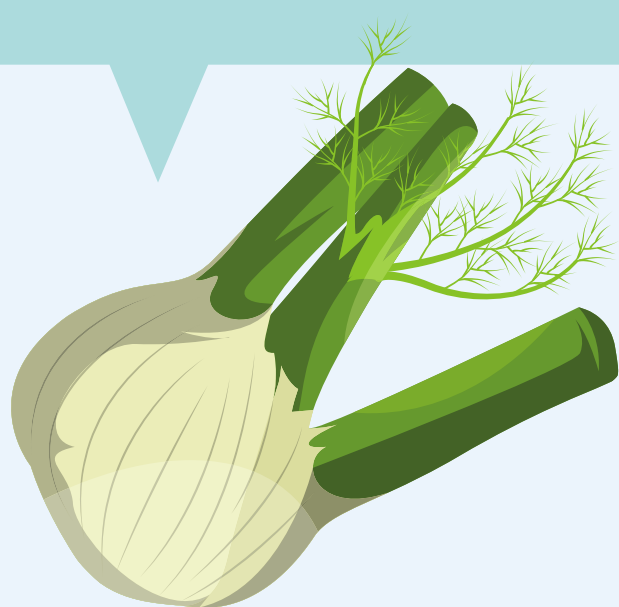


FENNEL NUTRITION FACTS

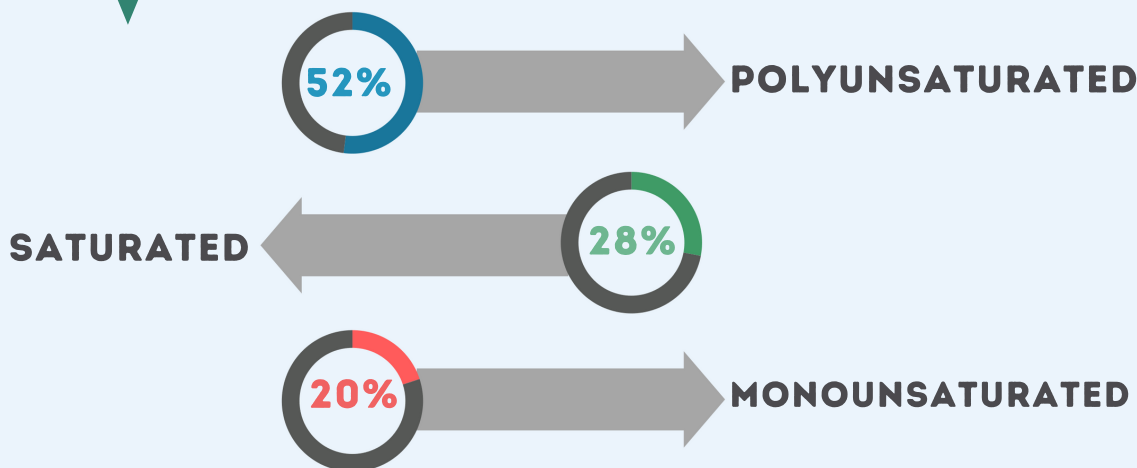


CALORIES 31/100GM

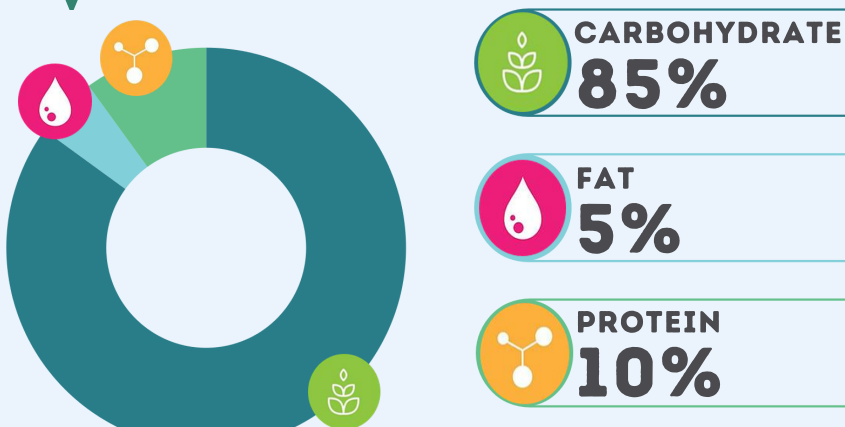
	AMOUNT		AMOUNT
CARBOHYDRATE	7.30 G	NIACIN	0.640 MG
FAT	0.20 G	VITAMIN A	48 MCG
PROTEIN	1.24 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.047 MG
FIBER	3.1 G	VITAMIN C	12 MG
RIBOFLAVIN	0.032 MG	VITAMIN D	0.00
SODIUM, NA	52 MG	FOLATE	27 MCG
THIAMIN	0.010 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



FENNEL OTHER NAMES

FOENICULUM VULGARE
FLORENCE FENNEL
ROMAN FENNEL
SWEET FENNEL
COMMON FENNEL

MINERALS IN FENNEL

49 MG CALCIUM, CA 4 % (DV)

0.066 MG COPPER, CU 7 % (DV)

0.73 MG IRON, FE 4 % (DV)

17 MG MAGNESIUM, MG 4 % (DV)

0.7 MCG SELENIUM, SE 1 % (DV)

50 MG PHOSPHORUS, P 7 % (DV)

414 MG POTASSIUM, K 9 % (DV)

0.20 MG ZINC, ZN 2 % (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.