

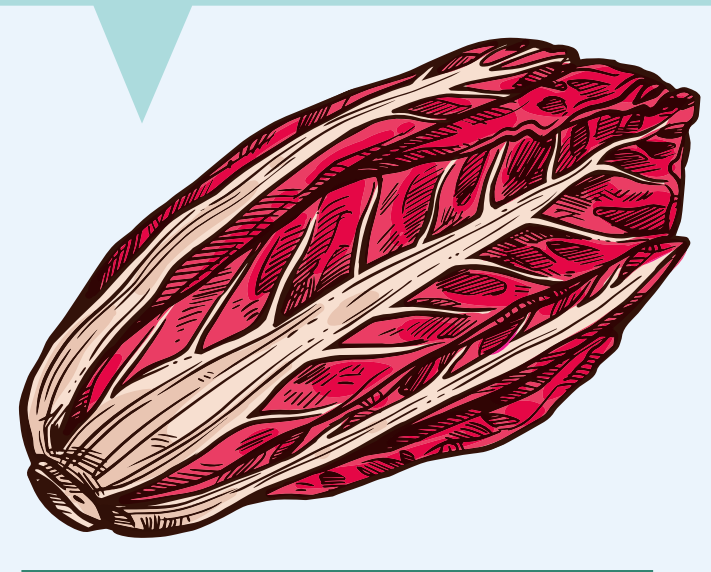


# RADICCHIO NUTRITION FACTS

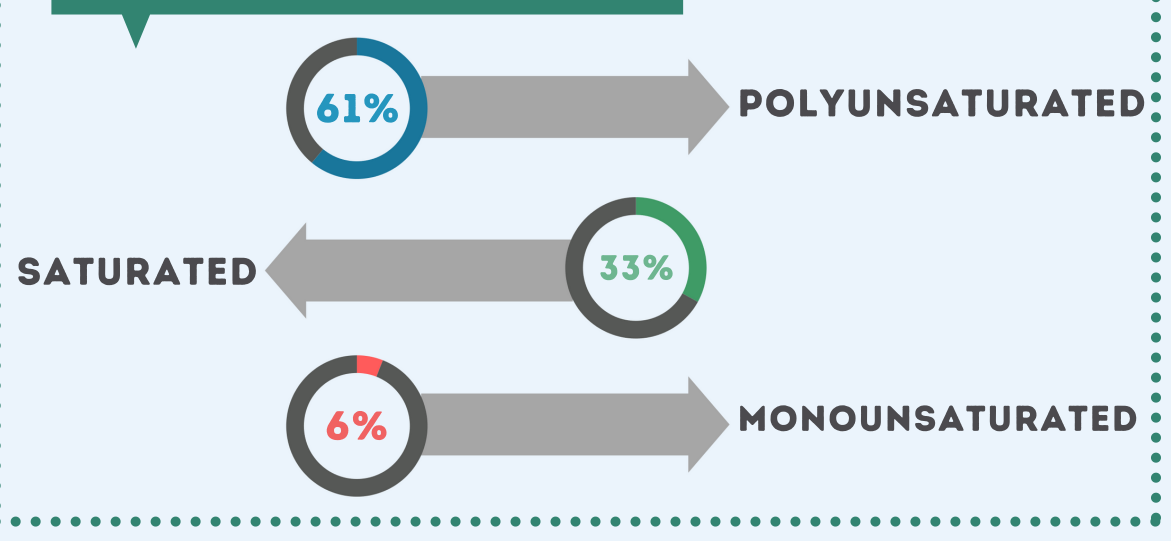


## CALORIES 23/100GM

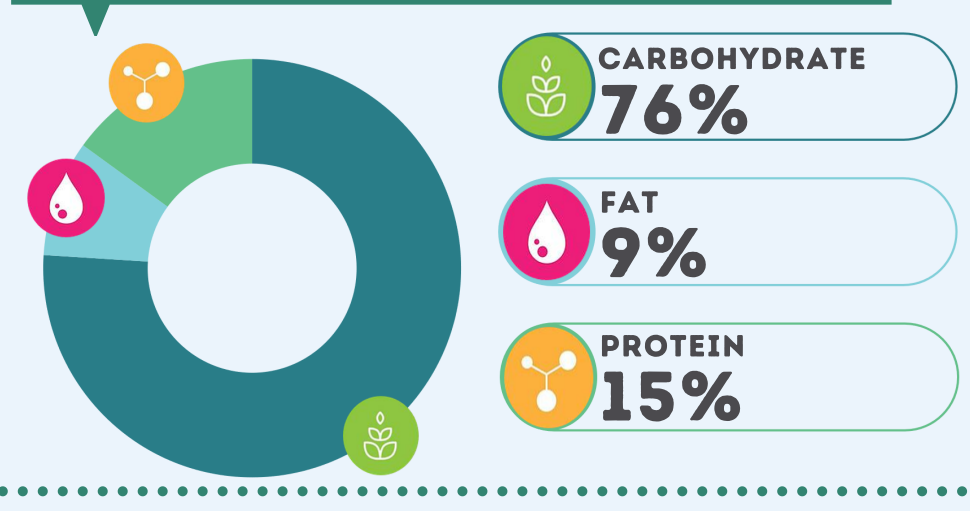
	AMOUNT		AMOUNT
CARBOHYDRATE	4.48 G	NIACIN	0.255 MG
FAT	0.25 G	VITAMIN A	1 MCG
PROTEIN	1.43 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.057 MG
FIBER	0.9 G	VITAMIN C	8 MG
RIBOFLAVIN	0.028 MG	VITAMIN D	0.00
SODIUM, NA	22 MG	FOLATE	60 MCG
THIAMIN	0.016 MG		



### FATS AND FATTY ACIDS



### CALORIES BY SOURCE



### RADICCHIO OTHER NAMES

CICHORIUM INTYBUS  
ITALIAN CHICORY

### MINERALS IN RADICCHIO

19 MG	CALCIUM, CA	1 % (DV)
0.341 MG	COPPER, CU	38 % (DV)
0.57 MG	IRON, FE	3 % (DV)
13 MG	MAGNESIUM, MG	3 % (DV)
0.9 MCG	SELENIUM, SE	2 % (DV)
40 MG	PHOSPHORUS, P	6 % (DV)
302 MG	POTASSIUM, K	6 % (DV)
0.62 MG	ZINC, ZN	6 % (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.