



CURLY ENDIVE NUTRITION FACTS



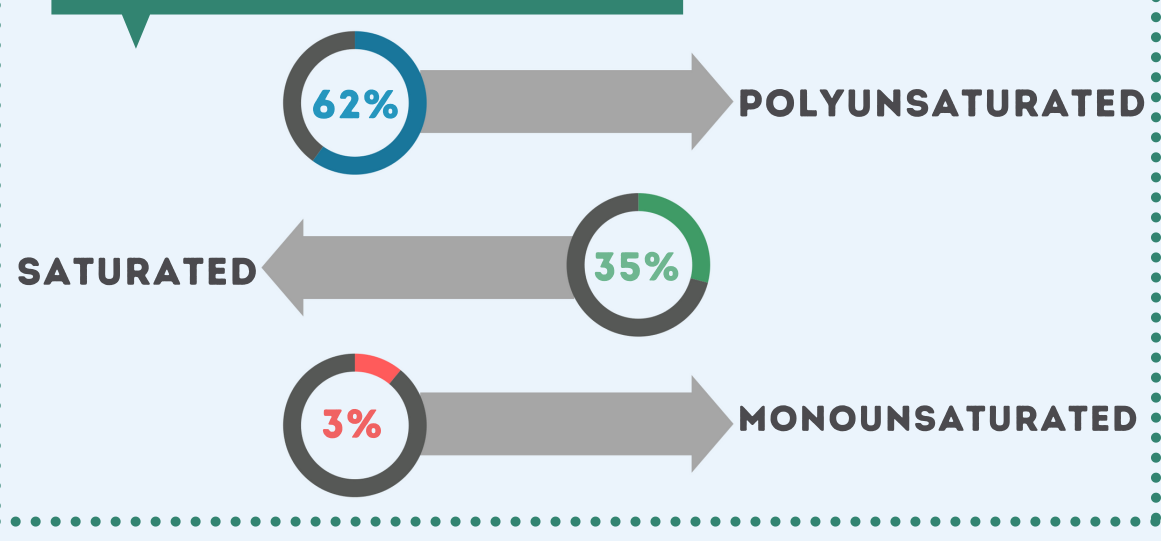
CALORIES 23/100GM

	AMOUNT
CARBOHYDRATE	4.70 G
FAT	0.30 G
PROTEIN	1.70 G
CHOLESTEROL	0.00
FIBER	4.0 G
RIBOFLAVIN	0.100 MG
SODIUM, NA	45 MG
THIAMIN	0.060 MG

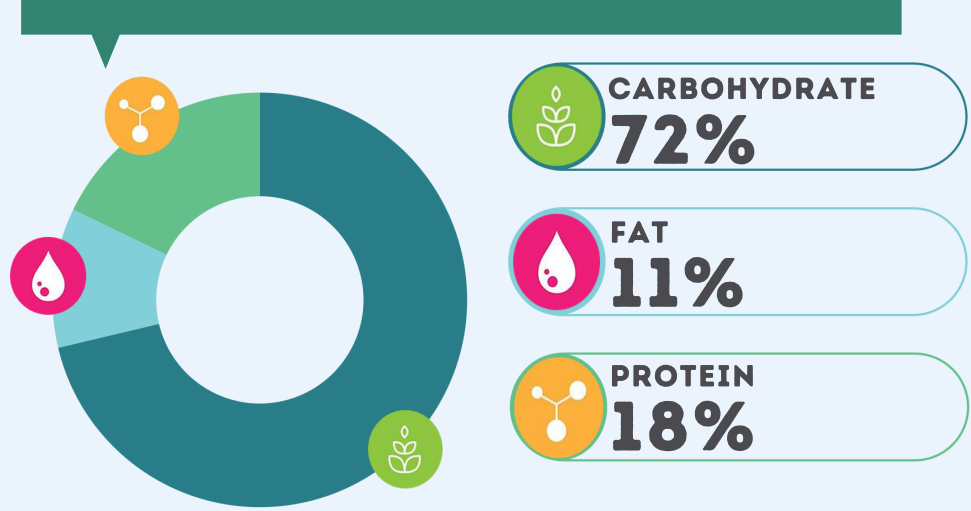
	AMOUNT
NIACIN	0.500 MG
VITAMIN A	286 MCG
VITAMIN B12	0.00
VITAMIN B6	0.105 MG
VITAMIN C	24 MG
VITAMIN D	0.00
FOLATE	110 MCG



FATS AND FATTY ACIDS



CALORIES BY SOURCE



CURLY ENDIVE OTHER NAMES

- CICORIUM ENDIVIA
- FRISÉE
- LOOSE-LEAF ENDIVE
- CHICORY ENDIVE
- CURLY CHICORY
- CHICORY

MINERALS IN CURLY ENDIVE

100 MG	CALCIUM, CA	8 % (DV)
0.295 MG	COPPER, CU	33 % (DV)
0.90 MG	IRON, FE	5 % (DV)
30 MG	MAGNESIUM, MG	8 % (DV)
0.3 MCG	SELENIUM, SE	1 % (DV)
47 MG	PHOSPHORUS, P	7 % (DV)
420 MG	POTASSIUM, K	9 % (DV)
0.42 MG	ZINC, ZN	4 % (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.