

## Basic Report 11213, Endive, raw

Report Date: September 21, 2019 20:04 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.5 cup, chopped 25g	1 head 513g
<b>Proximates</b>				
Water	g	93.79	23.45	481.14
Energy	kcal	17	4	87
Protein	g	1.25	0.31	6.41
Total lipid (fat)	g	0.20	0.05	1.03
Carbohydrate, by difference	g	3.35	0.84	17.19
Fiber, total dietary	g	3.1	0.8	15.9
Sugars, total	g	0.25	0.06	1.28
<b>Minerals</b>				
Calcium, Ca	mg	52	13	267
Iron, Fe	mg	0.83	0.21	4.26
Magnesium, Mg	mg	15	4	77
Phosphorus, P	mg	28	7	144
Potassium, K	mg	314	78	1611
Sodium, Na	mg	22	6	113
Zinc, Zn	mg	0.79	0.20	4.05
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	6.5	1.6	33.3
Thiamin	mg	0.080	0.020	0.410
Riboflavin	mg	0.075	0.019	0.385
Niacin	mg	0.400	0.100	2.052
Vitamin B-6	mg	0.020	0.005	0.103
Folate, DFE	µg	142	36	728
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	108	27	554
Vitamin A, IU	IU	2167	542	11117
Vitamin E (alpha-tocopherol)	mg	0.44	0.11	2.26

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	231.0	57.8	1185.0
<b>Lipids</b>				
Fatty acids, total saturated	g	0.048	0.012	0.246
Fatty acids, total monounsaturated	g	0.004	0.001	0.021
Fatty acids, total polyunsaturated	g	0.087	0.022	0.446
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0