

Basic Report 11213, Endive, raw

Report Date: November 22, 2017 13:31 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.5 cup, chopped 25g	1 head 513g
Proximates				
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
Minerals				
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
Vitamins				
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
Lipids				
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
Amino Acids				
Other				
Caffeine	mg	0	0	0