

**Full Report (All Nutrients) 11213, Endive, raw**

**Report Date: August 25, 2019 01:32 EDT**

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

**Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor:2.44 Nitrogen to Protein Conversion Factor:6.25**

**Refuse:14% Refuse Description: Outer leaves and core**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 cup, chopped 25g	1 head 513g
<b>Proximates</b>						
Water	g	93.79	24	0.250	23.45	481.14
Energy	kcal	17	--	--	4	87
Energy	kJ	71	--	--	18	364
Protein	g	1.25	2	--	0.31	6.41
Total lipid (fat)	g	0.20	2	--	0.05	1.03
Ash	g	1.41	2	--	0.35	7.23
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	4	5.000	13	267
Iron, Fe	mg	0.83	4	0.230	0.21	4.26
Magnesium, Mg	mg	15	4	5.000	4	77
Phosphorus, P	mg	28	3	3.000	7	144
Potassium, K	mg	314	18	22.000	78	1611
Sodium, Na	mg	22	18	4.000	6	113
Zinc, Zn	mg	0.79	2	--	0.20	4.05
Copper, Cu	mg	0.099	1	--	0.025	0.508
Manganese, Mn	mg	0.420	1	--	0.105	2.155
Selenium, Se	µg	0.2	--	--	0.1	1.0

**Vitamins**

Nutrient	Unit	1			0.5 cup, chopped 25g	1 head 513g
		Value Per100 g	Data points	Std. Error		
Vitamin C, total ascorbic acid	mg	6.5	2	--	1.6	33.3
Thiamin	mg	0.080	2	--	0.020	0.410
Riboflavin	mg	0.075	2	--	0.019	0.385
Niacin	mg	0.400	2	--	0.100	2.052
Pantothenic acid	mg	0.900	--	--	0.225	4.617
Vitamin B-6	mg	0.020	--	--	0.005	0.103
Folate, total	µg	142	6	13.000	36	728
Folic acid	µg	0	--	--	0	0
Folate, food	µg	142	6	13.000	36	728
Folate, DFE	µg	142	--	--	36	728
Choline, total	mg	16.8	--	--	4.2	86.2
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	108	--	--	27	554
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	1300	--	--	325	6669
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	2167	--	--	542	11117
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.44	--	--	0.11	2.26
Vitamin E, added	mg	0.00	--	--	0.00	0.00
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
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1	Data points	Std. Error	0.5 cup, chopped 25g	1 head 513g
		Value Per100 g				
14:0	g	0.003	--	--	0.001	0.015
16:0	g	0.041	--	--	0.010	0.210
18:0	g	0.002	--	--	0.000	0.010
Fatty acids, total monounsaturated	g	0.004	--	--	0.001	0.021
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.004	--	--	0.001	0.021
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.087	--	--	0.022	0.446
18:2 undifferentiated	g	0.075	--	--	0.019	0.385
18:3 undifferentiated	g	0.013	--	--	0.003	0.067
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
<b>Amino Acids</b>						
Tryptophan	g	0.005	5	--	0.001	0.026
Threonine	g	0.050	7	--	0.013	0.257
Isoleucine	g	0.072	7	--	0.018	0.369
Leucine	g	0.098	7	--	0.025	0.503
Lysine	g	0.063	7	--	0.016	0.323
Methionine	g	0.014	7	--	0.004	0.072
Cystine	g	0.010	3	--	0.003	0.051
Phenylalanine	g	0.053	7	--	0.013	0.272
Tyrosine	g	0.040	3	--	0.010	0.205
Valine	g	0.063	7	--	0.016	0.323
Arginine	g	0.062	7	--	0.015	0.318
Histidine	g	0.023	7	--	0.006	0.118
Alanine	g	0.062	3	--	0.015	0.318
Aspartic acid	g	0.130	3	--	0.033	0.667

Nutrient	Unit	1	Data points	Std. Error	0.5 cup, chopped 25g	1 head 513g
		Value Per100 g				
Glutamic acid	g	0.166	3	--	0.042	0.852
Glycine	g	0.058	3	--	0.015	0.298
Proline	g	0.059	3	--	0.015	0.303
Serine	g	0.049	3	--	0.012	0.251
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0
<b>Flavonoids</b>						
Flavan-3-ols						
(+)-Catechin <a href="#">1</a>	mg	0.0	4	0	0.0	0.0
(-)-Epigallocatechin <a href="#">1</a>	mg	0.0	4	0	0.0	0.0
(-)-Epicatechin <a href="#">1</a>	mg	0.0	4	0	0.0	0.0
(-)-Epicatechin 3-gallate <a href="#">1</a>	mg	0.0	4	0	0.0	0.0
(-)-Epigallocatechin 3-gallate <a href="#">1</a>	mg	0.0	4	0	0.0	0.0
(+)-Gallocatechin <a href="#">1</a>	mg	0.0	4	0	0.0	0.0
Flavones						
Apigenin <a href="#">2</a>	mg	0.0	4	0	0.0	0.0
Luteolin <a href="#">2</a>	mg	0.0	4	0	0.0	0.0
Flavonols						
Kaempferol <a href="#">2</a> <a href="#">3</a> <a href="#">4</a>	mg	10.1	14	1.88	2.5	51.8
Myricetin <a href="#">2</a>	mg	0.0	4	0	0.0	0.0
Quercetin <a href="#">2</a>	mg	0.0	4	0	0.0	0.0

<sup>1</sup>Arts, I. C. W., van de Putte, B., and Hollman, P. C. H. **Catechin content of foods commonly consumed in the Netherlands. 1. Fruits, vegetables, staple foods and processed foods.**, 2000 J. Agric. Food Chem. 48 pp.1746-1751

<sup>2</sup>Hertog, M. G. L., Hollman, P. C. H., and Katan, M. B. **Content of potentially anticarcinogenic flavonoids of 28 vegetables and fruits commonly consumed in The Netherlands.**, 1992 J. Agric. Food Chem. 40 pp.2379-2383

<sup>3</sup>DuPont, M.S., Mondin, Z., Williamson, G., & Price, K.R. **Effect of variety, processing, and storage on the flavonoid glycoside content and composition of lettuce and endive.**, 2000 J. Agric. Food Chem. 48 9 pp.3957-3964

<sup>4</sup>Hertog, M. G. L., Hollman, P. C. H., and Venema, D. P. **Optimization of a quantitative HPLC determination of potentially anticarcinogenic flavonoids in vegetables and fruits.**, 1992 J. Agric. Food Chem. 40 pp.1591-1598

**Languag Code(s)**

- A0152 VEGETABLE OR VEGETABLE PRODUCT (US CFR)
- A1281 1100 VEGETABLES AND VEGETABLE PRODUCTS (USDA SR)
- B1314 ENDIVE
- C0200 LEAF
- E0150 WHOLE, NATURAL SHAPE
- F0003 NOT HEAT-TREATED

- G0003 COOKING METHOD NOT APPLICABLE
- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION