

Nutrition Facts

Chicory

Serving size (100g)

Amount Per Serving

Calories

25

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% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 45mg **2%**

Total Carbohydrate 5g **2%**

Dietary Fiber 4g **14%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 2g **4%**

Vitamin D 0mcg **0%**

Calcium 130mg **10%**

Iron 0.9mg **4%**

Potassium 0mg **0%**

Vitamin A **110%**

Vitamin C **40%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.