

Nutrition Facts

Endive

Serving size (100g)

Amount Per Serving

Calories

15

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% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0.048g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 20mg **1%**

Total Carbohydrate 3g **1%**

Dietary Fiber 3g **11%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 1g **2%**

Vitamin D 0mcg **0%**

Calcium 52mg **4%**

Iron 0.83mg **4%**

Potassium 0mg **0%**

Vitamin A 1300mcg **10%**

Vitamin C 6.5mg **8%**

*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.