

Endive, raw

Refuse: 14% (Outer leaves and core)

Scientific Name: *Cichorium endivia*

NDB No: 11213

(Nutrient values and weights are for edible portion)



Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error
Proximates				
Water	g	93.79	24	0.254
Energy	kcal	17	0	0.000
Energy	kJ	71	0	0.000
Protein	g	1.25	2	0.000
Total lipid (fat)	g	0.20	2	0.000
Ash	g	1.41	2	0.000
Carbohydrate, by difference	g	3.35	0	0.000
Fiber, total dietary	g	3.1	0	0.000
Sugars, total	g	0.25	0	0.000
Minerals				
Calcium, Ca	mg	52	4	5.780
Iron, Fe	mg	0.83	4	0.239
Magnesium, Mg	mg	15	4	5.530
Phosphorus, P	mg	28	3	3.844
Potassium, K	mg	314	18	22.487
Sodium, Na	mg	22	18	4.106
Zinc, Zn	mg	0.79	2	0.000
Copper, Cu	mg	0.099	1	0.000
Manganese, Mn	mg	0.420	1	0.000
Selenium, Se	mcg	0.2	0	0.000
Vitamins				
Vitamin C, total ascorbic acid	mg	6.5	2	0.000
Thiamin	mg	0.080	2	0.000
Riboflavin	mg	0.075	2	0.000
Niacin	mg	0.400	2	0.000
Pantothenic acid	mg	0.900	0	0.000
Vitamin B-6	mg	0.020	0	0.000
Folate, total	mcg	142	6	13.409
Folate, food	mcg	142	6	13.409
Folate, DFE	mcg_DFE	142	0	0.000
Choline, total	mg	16.8	0	0.000
Vitamin A, RAE	mcg_RAE	108	0	0.000
Retinol	mcg	0	0	0.000
Carotene, beta	mcg	1300	0	0.000
Carotene, alpha	mcg	0	0	0.000
Cryptoxanthin, beta	mcg	0	0	0.000
Vitamin A, IU	IU	2167	0	0.000
Lycopene	mcg	0	0	0.000
Lutein + zeaxanthin	mcg	0	0	0.000
Vitamin E (alpha-tocopherol)	mg	0.44	0	0.000
Vitamin E, added	mg	0.00	0	0.000
Vitamin D (D2 + D3)	mcg	0.0	0	0.000
Vitamin D	IU	0	0	0.000
Vitamin K (phylloquinone)	mcg	231.0	0	0.000

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error
Lipids				
Fatty acids, total saturated	g	0.048	0	0.000
14:0	g	0.003	0	0.000
16:0	g	0.041	0	0.000
18:0	g	0.002	0	0.000
Fatty acids, total monounsaturated	g	0.004	0	0.000
16:1 undifferentiated	g	0.000	0	0.000
18:1 undifferentiated	g	0.004	0	0.000
22:1 undifferentiated	g	0.000	0	0.000
Fatty acids, total polyunsaturated	g	0.087	0	0.000
18:2 undifferentiated	g	0.075	0	0.000
18:3 undifferentiated	g	0.013	0	0.000
Cholesterol	mg	0	0	0.000
Amino acids				
Tryptophan	g	0.005	5	0.000
Threonine	g	0.050	7	0.000
Isoleucine	g	0.072	7	0.000
Leucine	g	0.098	7	0.000
Lysine	g	0.063	7	0.000
Methionine	g	0.014	7	0.000
Cystine	g	0.010	3	0.000
Phenylalanine	g	0.053	7	0.000
Tyrosine	g	0.040	3	0.000
Valine	g	0.063	7	0.000
Arginine	g	0.062	7	0.000
Histidine	g	0.023	7	0.000
Alanine	g	0.062	3	0.000
Aspartic acid	g	0.130	3	0.000
Glutamic acid	g	0.166	3	0.000
Glycine	g	0.058	3	0.000
Proline	g	0.059	3	0.000
Serine	g	0.049	3	0.000