



Food ID: D075

Food name and Description: Endive lvs

Scientific name: *Cichorium endivia*

Alternate/Common name(s): Eskarola dahon

Edible portion: 71%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	91.8
Energy, calculated (kcal)	29
Protein (g)	1.6
Total Fat (g)	0.2
Carbohydrate, total (g)	5.3
Ash, total (g)	1.1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	4.1
Sugars, total (g)	0.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	144
Phosphorus, P (mg)	43
Iron, Fe (mg)	5.6
Sodium, Na (mg)	29

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	440
Retinol Activity Equivalent, RAE (µg)	37
Thiamin, Vitamin B1 (mg)	0.08
Riboflavin, Vitamin B2 (mg)	0.14
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	14

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.05
Fatty acids, monounsaturated, total (g)	0
Fatty acids, polyunsaturated, total(g)	0.09
Cholesterol (mg)	0