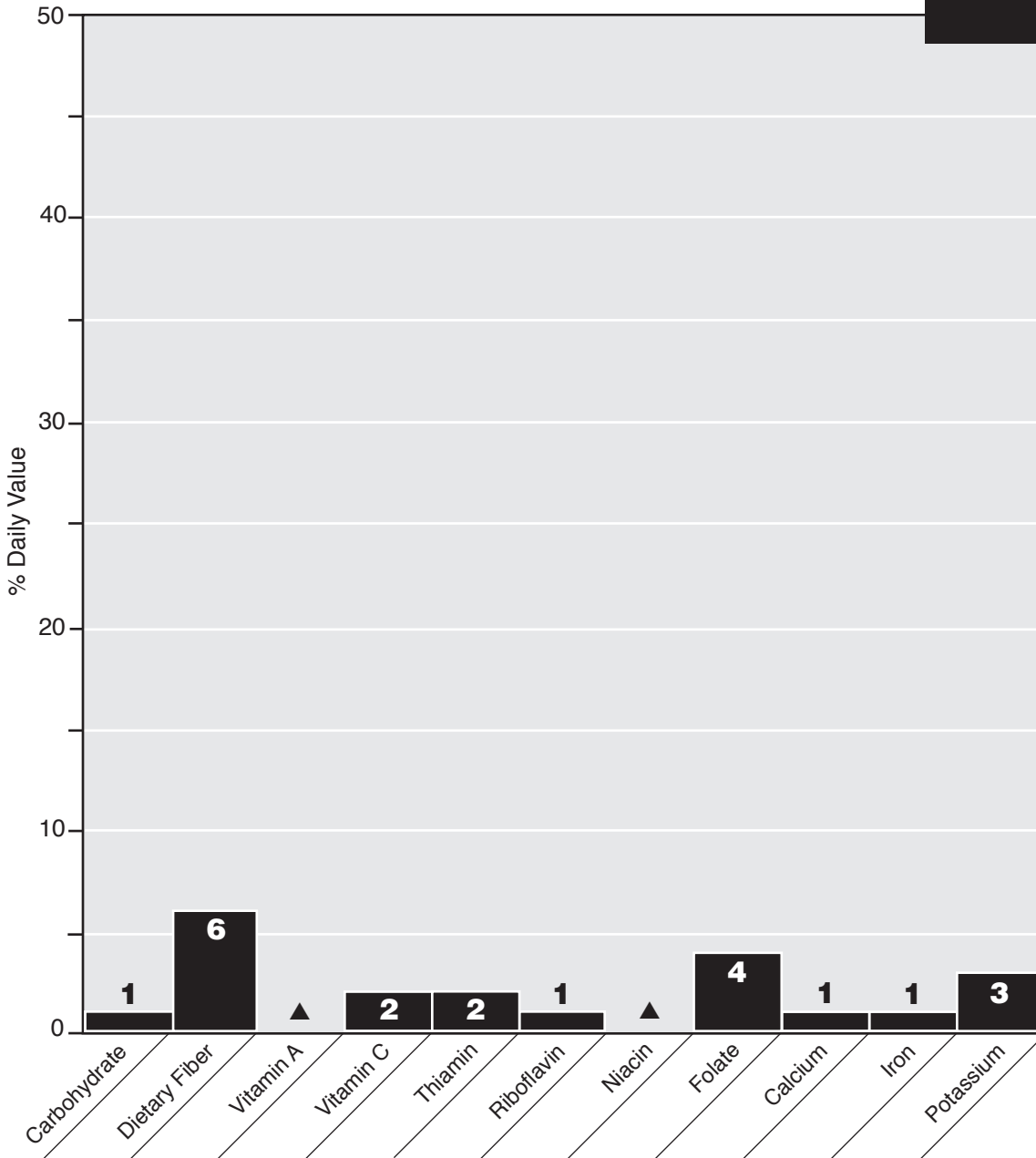


Belgium Endive

Asteraceae *Cichorium intybus*

(analysis based on raw Belgium endive)



Serving Size

- 1/2 Cup Chopped
- 45 Grams
- 8 Calories
 - 5% from fat
 - 13% from protein
 - 83% from carbohydrate
- 0.4 Gram Protein
- 2 Grams Carbohydrate
 - 1 gram dietary fiber
- 0.05 Gram Fat
- 43 Grams Water
- 1 Milligram Sodium

▲ Trace

