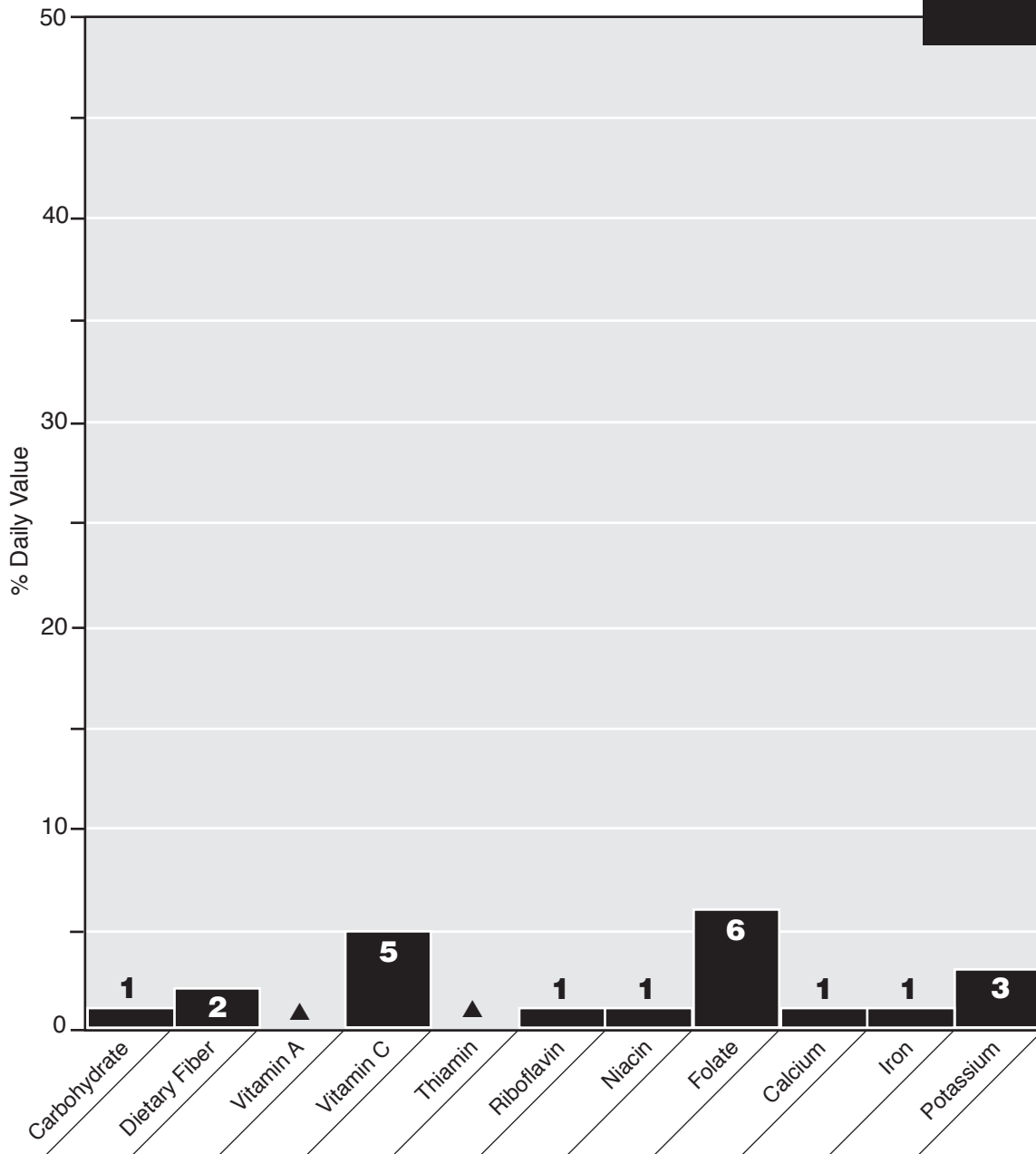


Radicchio

Asteraceae *Cichorium intybus*
(analysis based on raw radicchio)



Serving Size

- 1 Cup Chopped
- 39 Grams
- 9 Calories
 - 9% from fat
 - 15% from protein
 - 75% from carbohydrate
- 1 Gram Protein
- 2 Grams Carbohydrate
 - 0.4 gram dietary fiber
- 0.1 Gram Fat
- 36 Grams Water
- 9 Milligrams Sodium

▲ Trace

