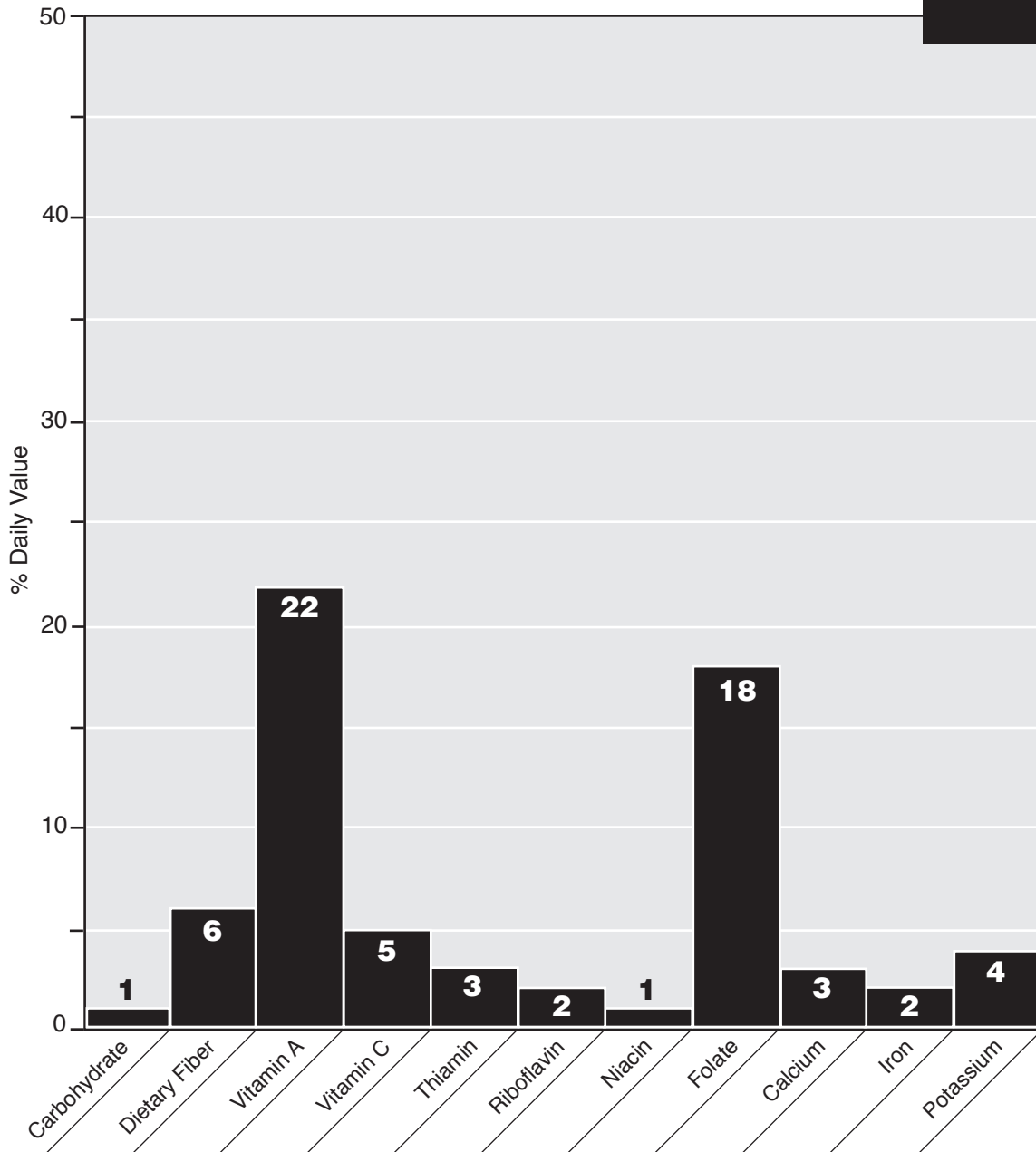


Escarole

Asteraceae *Cichorium endivia*
(analysis based on raw endive)



Serving Size

- 1 Cup Torn
- 50 Grams
- 9 Calories
 - 10% from fat
 - 18% from protein
 - 71% from carbohydrate
- 1 Gram Protein
- 2 Grams Carbohydrate
 - 2 grams dietary fiber
- 0.1 Gram Fat
- 47 Grams Water
- 11 Milligrams Sodium

