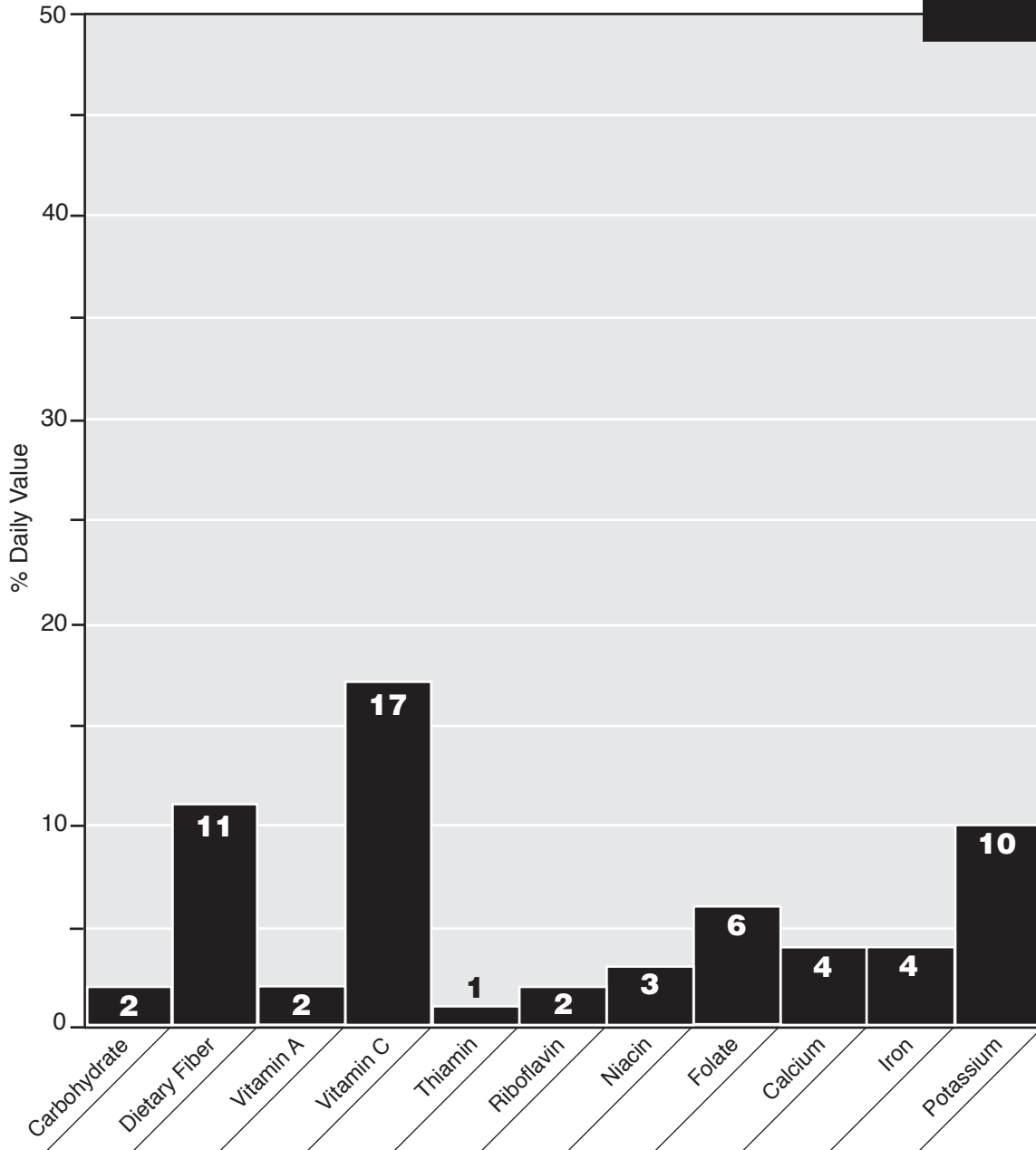


Fennel

Apiaceae *Foeniculum vulgare*
(analysis based on raw fennel bulb)



Serving Size

- 1 Cup Sliced
- 87 Grams
- 27 Calories
 - 5% from fat
 - 10% from protein
 - 85% from carbohydrate
- 1 Gram Protein
- 6 Grams Carbohydrate
 - 3 grams dietary fiber
- 0.2 Gram Fat
- 78 Grams Water
- 45 Milligrams Sodium

