

## Chicory witloof, raw - Nutrition Facts

FOOD SUMMARY

### Nutrition Facts

Serving Size 53 g

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**Amount Per Serving**

Calories 9 Calories from Fat 0

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% Daily Value\*

**Total Fat** 0g 0%

**Saturated Fat** 0g 0%

**Trans Fat**

**Cholesterol** 0mg 0%

**Sodium** 1mg 0%

**Total Carbohydrate** 2g 1%

Dietary Fiber 2g 7%

Sugars

**Protein** 0g

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Vitamin A 0% • Vitamin C 2%


Calcium 1% • Iron 1%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

[NutritionData.com](http://NutritionData.com)

[Download Printable Label Image](#)

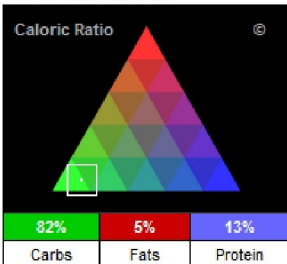
#### Nutritional Target Map



4,5 4,9

Fullness Factor ND Rating

#### Caloric Ratio Pyramid



82% 5% 13%

Carbs Fats Protein

#### NutritionData's Opinion

Weight loss: ★★★★★

Optimum health: ★★★★★

Weight gain: ★☆☆☆☆

The good: This food is very low in Saturated Fat, Cholesterol and Sodium. It is also a good source of Vitamin B6, Magnesium, Phosphorus and Copper, and a very good source of Dietary Fiber, Vitamin C, Thiamin, Folate, Potassium and Manganese.

#### Estimated Glycemic Load

0

0 250

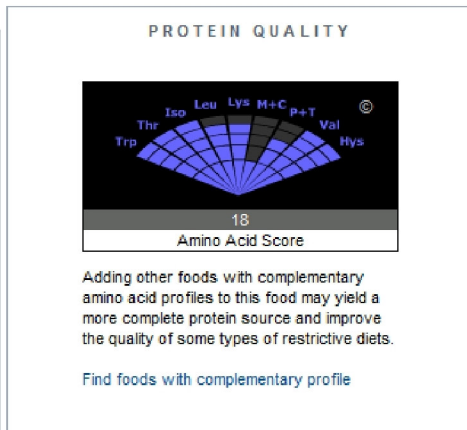
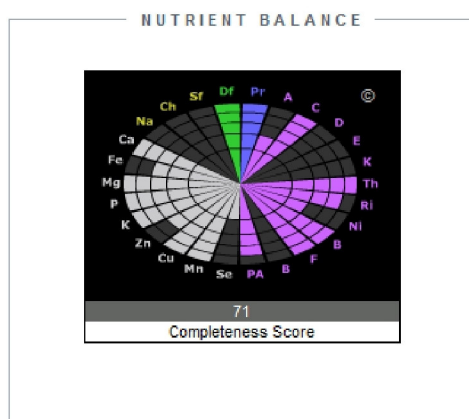
Typical target total is 100/day or less

#### Inflammation Factor

1

- 0 +

Typical target net is 50/day or higher



Serving size: 1 head, 53 gram

NUTRITION INFORMATION

Amounts per 1 head (53g)

Calorie Information			Protein & Amino Acids			
Amounts Per Selected Serving		%DV	Amounts Per Selected Serving		%DV	
Calories	9.0	(37.7 kJ)	0%	Protein	0.5 g	1%
From Carbohydrate	7.4	(31.0 kJ)				
From Fat	0.4	(1.7 kJ)				
From Protein	1.2	(5.0 kJ)				
From Alcohol	~	(0.0 kJ)				

Carbohydrates			Vitamins		
Amounts Per Selected Serving		%DV	Amounts Per Selected Serving		%DV
Total Carbohydrate	2.1 g	1%	Vitamin A	15.4 IU	0%
Dietary Fiber	1.6 g	7%	Vitamin C	1.5 mg	2%
Starch	~		Vitamin D	~	~
Sugars	~		Vitamin E (Alpha Tocopherol)	~	~
			Vitamin K	~	~
			Thiamin	0.0 mg	2%
			Riboflavin	0.0 mg	1%
			Niacin	0.1 mg	0%
			Vitamin B6	0.0 mg	1%
			Folate	19.6 mcg	5%
			Vitamin B12	0.0 mcg	0%
			Pantothenic Acid	0.1 mg	1%
			Choline	~	~
			Betaine	~	~

Fats & Fatty Acids			Minerals		
Amounts Per Selected Serving		%DV	Amounts Per Selected Serving		%DV
Total Fat	0.1 g	0%	Calcium	10.1 mg	1%
Saturated Fat	0.0 g	0%	Iron	0.1 mg	1%
Monounsaturated Fat	0.0 g		Magnesium	5.3 mg	1%
Polyunsaturated Fat	0.0 g		Phosphorus	13.8 mg	1%
Total trans fatty acids	~		Potassium	112 mg	3%
Total trans-monoenoic fatty acids	~		Sodium	1.1 mg	0%
Total trans-polyenoic fatty acids	~		Zinc	0.1 mg	1%
Total Omega-3 fatty acids	3.2 mg		Copper	0.0 mg	1%
Total Omega-6 fatty acids	19.6 mg		Manganese	0.1 mg	3%
			Selenium	0.1 mcg	0%
			Fluoride	~	~

Sterols			Other		
Amounts Per Selected Serving		%DV	Amounts Per Selected Serving		%DV
Cholesterol	0.0 mg	0%	Alcohol	0.0 g	
Phytosterols	~		Water	50.1 g	
			Ash	0.2 g	
			Caffeine	~	
			Theobromine	~	

Footnotes for Chicory, witloof, raw

Source: Nutrient data for this listing was provided by USDA SR20. Each "-" indicates a missing or incomplete value.

Percent Daily Values (%DV) are for adults or children aged 4 or older, and are based on a 2,000 calorie reference diet. Your daily values may be higher or lower based on your individual needs.

Nutrition Data's Opinion, Completeness Score™, Fullness Factor™ Rating, Estimated Glycemic Load (eGL), and Better Choices Substitutions™ are editorial opinions of NutritionData.com, given without warranty, and are not intended to replace the advice of a nutritionist or health-care professional. Nutrition Data's opinions and ratings are based on weighted averages of the nutrient densities of those nutrients for which the FDA has established Daily Values, and do not consider other nutrients that may be important to your health or take into account your individual needs. Consequently, Nutrition Data's higher-rated foods may not necessarily be healthier for you than lower-rated ones. All foods, regardless of their rating, have the potential to play an important role in your diet.

The Amino Acid Score has not been corrected for digestibility, which could reduce its value.

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