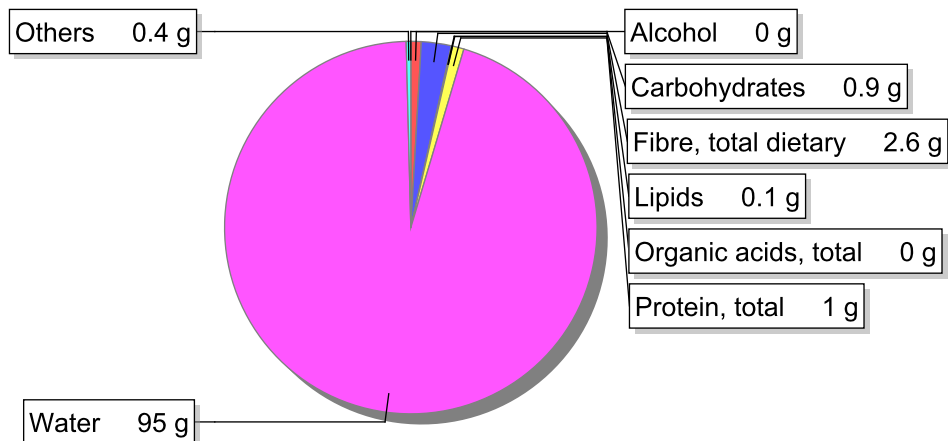


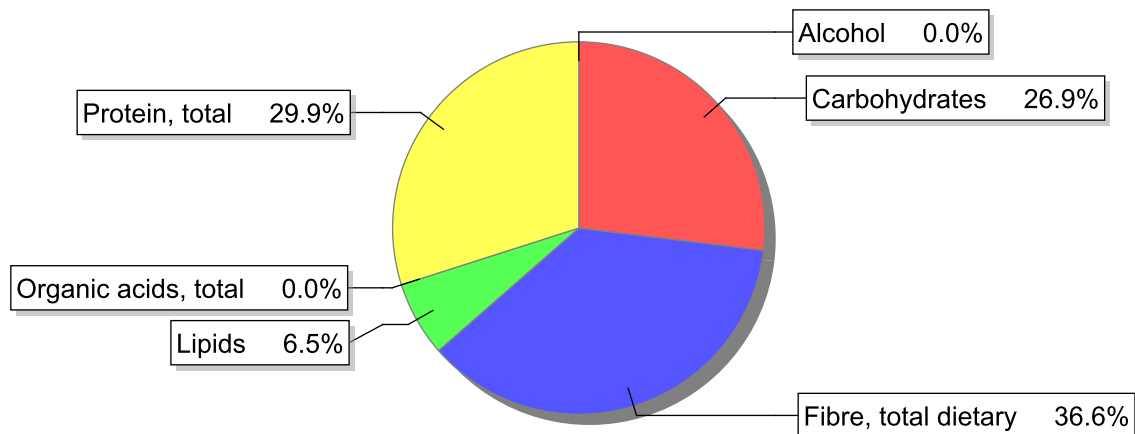
**Food**

**Name:** Chicory, raw  
**Group:** Vegetables other than legumes  
**Subgroup:** Vegetables other than legumes  
**Edible Part:** 51%  
**Code:** IS602  
**FoodEX2 Code:** A00LE

**Composition [g/100g]**



**Energy**



**Nutritive content per 100g edible portion**

Name	Value	Unit	Source(s)
<b>Energy value</b>			
energy kcal, total metabolisable	14	kcal	
energy kJ, total metabolisable	57	kJ	
<b>Macro nutrients</b>			
Lipids		g	
fatty acids, total saturated	0	g	
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0.1	g	57
fatty acid 18:2 n-6 cis,cis	0	g	

Name	Value	Unit	Source(s)
fatty acids, total trans	0	g	
Carbohydrates		g	
sugars, total	0.9	g	
sucrose	0	g	
lactose	0	g	
oligosaccharides, available	0	g	
starch, total	0	g	
salt	0.0	g	
fibre, total dietary	2.6	g	
protein, total	1	g	57
alcohol	0	g	
water	95	g	
organic acids, total	0	g	
cholesterol	0	mg	
<b>Vitamins</b>			
vitamin A; retinol equiv from retinol and carotenoid activities	20	µg	
carotene, total (vitamin A precursors)	120	µg	
vitamin D	0	µg	
alpha-tocopherol	0	mg	
thiamin	0.06	mg	
riboflavin	0.09	mg	
niacin, preformed	0.3	mg	
niacin equivalents, total	0.4	mg	
niacin equivalents from tryptophan	0.1	mg	
vitamin B-6, total	0.05	mg	
vitamin B-12	0	µg	
vitamin C	2	mg	57
folate, total	14	µg	
<b>Minerals</b>			
ash	0.37	g	
sodium	4	mg	57
potassium	170	mg	
calcium	30	mg	
phosphorus	23	mg	57
magnesium	6	mg	57
iron, total	0.3	mg	57
zinc	0.1	mg	57

## Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

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## References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB