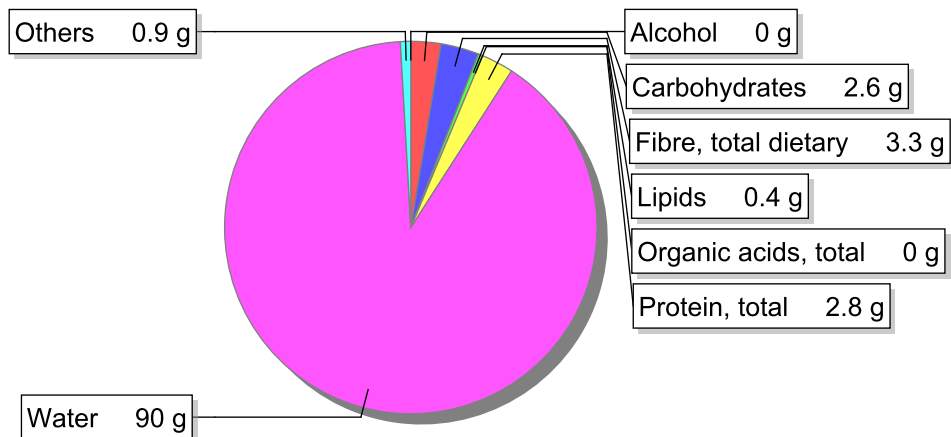


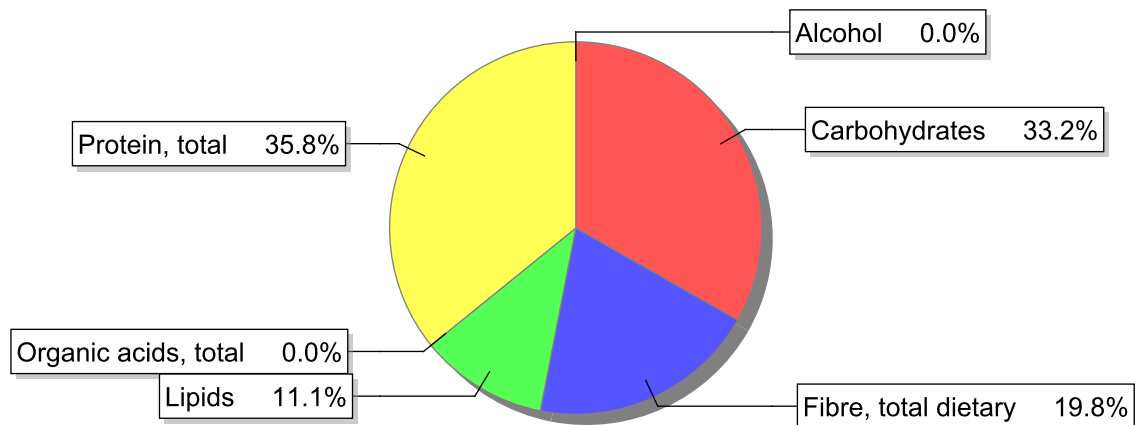
## Food

**Name:** Fennel, fresh  
**Group:** Soups, sauces and miscellaneous foods  
**Subgroup:** Miscellaneous foods (vinegar, baking powder/yeast, stock cubes)  
**Edible Part:** 100%  
**Code:**  
**FoodEX2 Code:** A00XL

## Composition [g/100g]



## Energy



## Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	32	kcal	
energy kJ, total metabolisable	133	kJ	
fatty acids, total saturated	0.1	g	
fatty acids, total monounsaturated	0.1	g	
fatty acids, total polyunsaturated	0.2	g	
fatty acid 18:2 n-6 cis,cis	0.04	g	
fatty acids, total trans	0	g	
sugars, total	2.6	g	
oligosaccharides, available	0	g	

Name	Value	Unit	Source(s)
starch, total	0	g	
protein, total	2.8	g	
alcohol	0	g	
water	90	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	350	µg	
carotene, total (vitamin A precursors)	2100	µg	
vitamin D	0	µg	
alpha-tocopherol	0.2	mg	
thiamin	0.23	mg	
riboflavin	0.11	mg	
niacin, preformed	0.2	mg	
niacin equivalents, total	0.67	mg	
niacin equivalents from tryptophan	0.47	mg	
vitamin B-6, total	0.1	mg	
vitamin B-12	0	µg	
vitamin C	31	mg	
folate, total	3.3	µg	
ash	1.7	g	
sodium	7	mg	
potassium	400	mg	
calcium	64	mg	
phosphorus	51	mg	
magnesium	14	mg	
iron, total	2.7	mg	
zinc	0.5	mg	

## Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram
µg-BCE	beta-carotene equivalent

## References