



TECHNICAL SHEET - Fresh Produce - Fennel

Energy	9 kcal - 36 kj
Protein	1,24 gr
Total lipid (fat)	1,20 gr
Ash	1,05 gr
Carbohydrate	1 gr
Calcium (Ca)	45 mg
Iron (Fe)	0,40 mg
Magnesium (Mg)	16 mg
Phosphorus (P)	39 mg
Potassium (K)	394 mg
Sodium (Na)	4 mg
Zinc	0.87 mg
Copper	0.10 mg
Selenium	0.9 mg
Vitamin A	2 µg RAE
Vitamin B1	0.02 mg
Vitamin B2	0.04 mg
Vitamin C	12 mg
Vitamin PP	0.50 mg