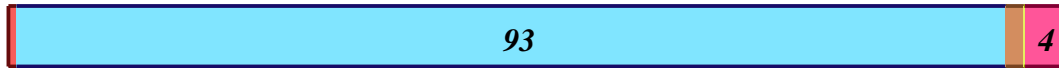




Cardoon, cooked, boiled, drained, without salt

|              |
|--------------|
| <b>TOTAL</b> |
| <b>3.8</b>   |
| <b>1.7</b>   |

Macronutrient profile [gr. of nutrient per 100 gr. food]



|          |
|----------|
| Proteins |
| Water    |
| Sugars   |
| Fibre    |
| Alcohol  |
| Lipids   |
| Other    |

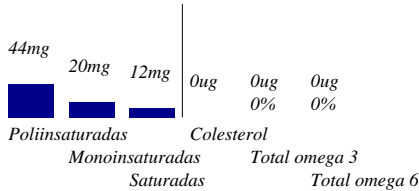
|              |
|--------------|
| <b>FIBER</b> |
| <b>6.8</b>   |
| <b>4.5</b>   |

Energy [kcal per 100 gr. food]



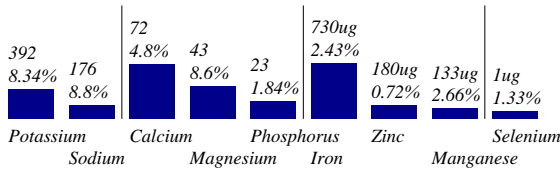
|              |
|--------------|
| <b>kCALs</b> |
| <b>1</b>     |
| <b>0.8</b>   |
| <b>14.6</b>  |

Main lipids profile [gr of lipid per 100 gr. food]



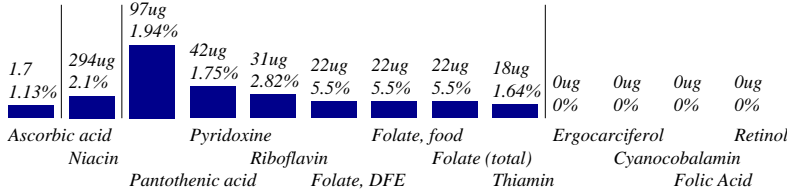
|            |
|------------|
| <b>EFA</b> |
| <b>0</b>   |

Mineral and oligoelements profile [mg of mineral per 100 gr. food]



|               |
|---------------|
| <b>MINER.</b> |
| <b>4.4</b>    |

Vitamin profile [mg of vitamin per 100 gr. food]



|               |
|---------------|
| <b>VITAM.</b> |
| <b>2.1</b>    |