

## Health benefits of Radicchio

- Radicchio, like other chicory class of vegetables, is very low in calories.
- Its leaves are an excellent source of phenolic flavonoid antioxidants helps protect eyes from *age-related macular disease*.
- Fresh leaves hold moderate amounts of essential B-complex groups of vitamins such as **folic acid**, pantothenic acid (vitamin B5), pyridoxine (vitamin B6) and thiamin Fresh radicchio is one of the excellent sources of vitamin K.
- Further, it is also a moderate sources of minerals like manganese, **copper**, iron, zinc, and potassium. Manganese

Principle	Nutrient Value	Percentage of RDA
Energy	23 Kcal	1%
Carbohydrates	4.48 g	3.5%
Protein	1.43 g	3%
Total Fat	0.25 g	1%
Cholesterol	0 mg	0%
Dietary Fiber	0.9 g	2%
Vitamin A	27 IU	1%
Vitamin C	8 mg	13%
Vitamin E	2.26 mg	15%
Vitamin K	255.2 µg	212%
Calcium	19 mg	2%
Copper	0.341mg	38%
Iron	0.57 mg	7%
Magnesium	13 mg	3%
Manganese	0.138mg	6%
Phosphorus	40 mg	5.5%
Selenium	0.9 µg	1%
Zinc	0.62 mg	6%