



# Endive

## Health Benefits of Endive

Also called frisée (free-ZAY) or curly endive, this leafy green is mildly bitter with a nutty taste, making it a perfect accent to any salad.

### **1 cup chopped raw curly endive provides:**

- 7 calories, 0.1g protein, 0.1g fiber, no fat and no cholesterol

### **Potential benefits of consuming endive:**

- Like other greens, curly endive contains antioxidants vitamin C and beta-carotene for immune support and healthy eyesight
- Contains vitamin K which helps with blood clotting and building bone, and potassium for lower blood pressure
- Rich in polyphenol antioxidants that protect against heart disease
- Fiber in endive can reduce constipation and help with weight loss
- Contains kaempferol that works as an antioxidant to lower risk of cancer development by protecting against free radicals
- Rinse in cold water and pat dry with a towel right before eating
- Mix endive with other salad greens or pair with sweet fruit like strawberries or oranges; Add to sandwiches or sauté with onions and white beans for a hearty side dish

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