



Nutrition facts

Fennel Fennel

Sources include: [USDA](#)

Amount Per	1 cup, sliced (87 g)	1 cup, sliced (87 g)
Calories	27	
		% Daily Value*
Total Fat	0.2 g	0%
Cholesterol	0 mg	0%
Sodium	45 mg	1%
Potassium	360 mg	10%
Total Carbohydrate	6 g	2%
	Dietary fiber 2.7 g	10%
Protein	1.1 g	2%
Vitamin C	17%	Calcium 4%
Iron	3%	Vitamin D 0%
Vitamin B6	0%	Cobalamin 0%
Magnesium	3%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.