

Brought to you by Oregon State University Extension & Advanced Health

www.advancedhealth.com/healthy-bytes-initiative

 Mix endive with other salad greens or pair with sweet fruit like oranges or strawberries; Add to sandwiches or sauté with onions and white beans

- Contains kaempferol that works as an antioxidant to lower risk of cancer development by protecting against free radicals
 - Fiber in endive can reduce constipation and help with weight loss
 - Rich in polyphenol antioxidants that protect against heart disease
 - and potassium for lower blood pressure
 - beta-carotene for immune support and healthy eyesight
 Contains vitamin K which helps with blood clotting and building bone,
 - Like other greens, curly endive contains antioxidants vitamin C and

Potential benefits of consuming endive:

- 7 Calories, 0.1g protein, 0.1g fiber, no fat, no cholesterol
 - 1 cup chopped raw curly endive provides:

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.

Endive



Brought to you by Oregon State University Extension & Advanced Health

www.advancedhealth.com/healthy-bytes-initiative

- Mix endive with other salad greens or pair with sweet fruit like oranges or strawberries; Add to sandwiches or sauté with onions and white beans
 - development by protecting against free radicals
- Contains kaempferol that works as an antioxidant to lower risk of cancer
 - Fiber in endive can reduce constipation and help with weight loss
 - and potassium for lower blood pressure
 Rich in polyphenol antioxidants that protect against heart disease
 - Contains vitamin K which helps with blood clotting and building bone,
 - beta-carotene for immune support and healthy eyesight
 - Like other greens, curly endive contains antioxidants vitamin C and
 - 7 Calories, 0.1g protein, 0.1g fiber, no fat, no cholesterol
 Potential benefits of consuming endive:
 - Lup chopped raw curly endive provides:
 Valories, 0.1g protein, 0.1g fiber, no fat, no cholestero

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.

Sylbn3

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.



Health Benefits of Endive

- 1 cup chopped raw curly endive provides:
- 7 Calories, 0.1g protein, 0.1g fiber, no fat, 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
- Mix endive with other salad greens or pair with sweet fruit like oranges or strawberries; Add to sandwiches or sauté with onions and white beans

www.advancedhealth.com/healthy-bytes-initiative
Brought to you by Oregon State University Extension & Advanced Health



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.



Health Benefits of Endive

1 cup chopped raw curly endive provides:

• 7 Calories, 0.1g protein, 0.1g fiber, no fat, 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
- Mix endive with other salad greens or pair with sweet fruit like oranges or strawberries; Add to sandwiches or sauté with onions and white beans

www.advancedhealth.com/healthy-bytes-initiative



Brought to you by Oregon State University Extension & Advanced Health