



Artificial selection has had a stunning impact on the nutritional value of *Cichorium intybus*. Radicchio, a horticultural variety of chicory, belongs to the same species, but the former unappetizing salad green contains 78% less fiber, 16% less protein, 81% less calcium, 37% less iron, 28% less potassium, 45% less folate, 67% less vitamin C, 99.5% less vitamin A and 99.5% less carotene.

Chicory's deep green colour was a hint that it contained more vitamin A and the similar beta carotene, which is an accessory pigment of chlorophyll. Although carotene has an orange colour, it is often masked by a high concentration of chlorophyll.

| wild chicory (Cichorium intybus) | | | radicchio: cultivated (Cichorium intybus) | |
|---|--------------|--|--|--------------|
| Nutrient | Units | Value per 100 grams of edible portion | Value per 100 grams of edible portion | Units |
| Proximates | | | | |
| Water | g | 92 | 93.14 | g |
| Energy | kcal | 23 | 23 | g |
| Energy | kJ | 98 | 95 | g |
| Protein | g | 1.7 | 1.43 | g |
| Total lipid (fat) | g | 0.3 | 0.25 | g |
| Ash | g | 1.3 | 0.7 | |
| Carbohydrate, by difference | g | 4.7 | 4.48 | mg |
| Fiber, total dietary | g | 4 | 0.9 | mg |

| | | | | |
|------------------------------------|-------------|-------|-------|---------|
| Sugars, total | g | 0.7 | 0.6 | mg |
| Minerals | | | | mg |
| Calcium, Ca | mg | 100 | 19 | mg |
| Iron, Fe | mg | 0.9 | 0.57 | mg |
| Magnesium, Mg | mg | 30 | 13 | mg |
| Phosphorus, P | mg | 47 | 40 | mg |
| Potassium, K | mg | 420 | 302 | mg |
| Sodium, Na | mg | 45 | 22 | mcg |
| Zinc, Zn | mg | 0.42 | 0.62 | |
| Copper, Cu | mg | 0.295 | 0.341 | mg |
| Manganese, Mn | mg | 0.429 | 0.138 | mg |
| Selenium, Se | mcg | 0.3 | 0.9 | mg |
| Vitamins | | | | mg |
| Vitamin C, total ascorbic acid | mg | 24 | 8 | mg |
| Thiamin | mg | 0.06 | 0.016 | mg |
| Riboflavin | mg | 0.1 | 0.028 | mcg |
| Niacin | mg | 0.5 | 0.255 | mcg |
| Pantothenic acid | mg | 1.159 | 0.269 | mcg |
| Vitamin B-6 | mg | 0.105 | 0.057 | mcg_DFE |
| Folate, total | mcg | 110 | 60 | mcg |
| Folic acid | mcg | 0 | 0 | IU |
| Folate, food | mcg | 110 | 60 | mcg_RAE |
| Folate, DFE | mcg_DF E | 110 | 60 | mcg |
| Vitamin B-12 | mcg | 0 | 0 | mg |
| Vitamin A, IU | IU | 5717 | 27 | mcg |
| Vitamin A, RAE | mcg_RA E | 286 | 1 | |
| Retinol | mcg | 0 | 0 | g |
| Vitamin E (alpha-tocopherol) | mg | 2.26 | 2.26 | g |
| Vitamin K (phylloquinone) | mcg | 297.6 | 255.2 | g |
| Lipids | | | | g |
| Fatty acids, total saturated | g | 0.073 | 0.06 | g |
| 14:00 | g | 0.004 | 0.003 | g |
| 16:00 | g | 0.062 | 0.052 | g |
| 18:00 | g | 0.003 | 0.003 | g |
| Fatty acids, total monounsaturated | g | 0.006 | 0.01 | g |

| | | | | |
|------------------------------------|-----|-------|-------|-----|
| 16:1 undifferentiated | g | 0 | 0 | g |
| 18:1 undifferentiated | g | 0.006 | 0.005 | g |
| 20:01 | g | 0 | 0 | g |
| 22:1 undifferentiated | g | 0 | 0 | g |
| Fatty acids, total polyunsaturated | g | 0.131 | 0.11 | g |
| 18:2 undifferentiated | g | 0.112 | 0.093 | g |
| 18:3 undifferentiated | g | 0.019 | 0.016 | g |
| Other | | | | mcg |
| Carotene, beta | mcg | 3430 | 16 | mcg |
| Lutein + zeaxanthin | mcg | 10300 | 8832 | mcg |