

## TFS - Salad Chicory Red - Information

Red Chicory has tender white leaves with red-coloured leaf edges. The leaves offer a soft texture and delicate crunch with a pleasantly bitter flavour.

**Our Product Code:** 028927  
**Suppliers Product Code:** CHICORYRED  
**Information Last Updated:** 15/04/2024  
**Date Produced:** 04/04/2026

### Allergy Information

Key: **Contains** **May Contain**



Sesame



Gluten



Crustaceans



Eggs



Lupin



Nuts



Milk



Celery



Sulphur Dioxide



Soya



Cereal



Peanuts



Fish



Molluscs



Mustard

### Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	11.00
Energy (kJ)	45.00
Protein (g)	0.50
Carb (g)	2.80
Of Which Sugars (g)	0.70
Fat (g)	0.60
Of Which Saturates (g)	0.20
Fibre (g)	0.90
Salt (g)	0.20

### Dietary Information

Key: **Suitable for**



Kosher



Vegetarian



Halal



Vegan

**Please Note:** This information has been supplied by manufacturers and other third parties to Yare Food Services. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

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### Ingredients

Chicory

### Handling Information

#### Directions for Use

Red Chicory has a mild, bitter, and earthy flavour with subtly sweet undertones, suited for fresh or cooked preparations. The tender, crisp leaves can be used similarly to other chicory varieties and are commonly tossed into salads, displayed on appetizer plates as a dipping vessel, served with cheeses, and drizzled in honey with crushed nuts, or shredded and topped over avocado and egg toast. Chicory red can also be incorporated into tapenades, the leaves slightly filled with sauces, spreads, or finely chopped vegetables, or used as a decorative, edible garnish. In addition to fresh preparations, Chicory is most famous for its mildly bitter flavour when grilled and drizzled in olive oil or balsamic. Wash before use.

#### Storage Instructions

Whole, unwashed chicory will keep 1 to 2 weeks when loosely wrapped in plastic and stored in the refrigerator's vegetable drawer.

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