Radicchio di Chioggia is the standard variety of radicchio and the most popular in the United States. It is usually eaten raw in salads but is delicious when eaten grilled in olive oil or mixed into pasta or risotto. Its deep red color with white veins can add color to any dish and is beautiful when used as a garnish.

**Preparation Suggestions**

Round heads can be torn and used the same as any other salad green. (Radicchio is especially nice finished with some shaved Parmigiano-Reggiano.) The longer heads tend to be more bitter, but they turn almost caramel sweet when grilled until soft and dressed with olive oil and vinegar.

**Storage/Shelf-Life**

Keep radicchio refrigerated in a tightly sealed plastic bag. It’ll last at least a week.

**Nutrition Facts**

| Serving Size: 2 cups (85g) | Calories 20 | Fat Cal. 0 |

*Percent Daily Values are based on a 2,000 calorie diet.*

Not a significant source of Saturated Fat, Trans Fat, Cholesterol, Fiber, Sugars, Vitamin A and Calcium.

**Amount per serving**

| Total Fat 20 | Sodium 20mg | Total Carb. 4mg | Protein 1mg |

Vitamin C 10% • Iron 2%