Table S1. Effects of nitrogen supply on the glucose, fructose, and sucrose contents of leaves and roots of chicory (*Cichorium intybus* L.) cv Pan Zucchero and (*Cichorium endivia* L.) cv Romanesca. Data are reported as a percentage (%) of dry matter (DM).

	Chicory Leaves			Chicory Root		
	Glucose	Fructose	Sucrose	Glucose	Fructose	Sucrose
Species						
C. intybus	3.53 ± 0.46	2.06 ± 0.42 b	3.54 ± 0.36 b	0.35 ± 0.03 b	0.18 ± 0.02 b	4.04 ± 0.46
C. endivia	3.92 ± 0.43	3.11 ± 0.30 a	4.48 ± 0.15 a	0.74 ± 0.08 a	0.60 ± 0.12 a	4.60 ± 0.22
TR						
C	2.66 ± 0.20 b	1.82 ± 0.26 b	4.03 ± 0.29	0.50 ± 0.07	0.47 ± 0.15	3.69 ± 0.34 b
N	4.79 ± 0.33 a	3.36 ± 0.36 a	3.98 ± 0.34	0.60 ± 0.10	0.31 ± 0.04	4.95 ± 0.27 a
CV × TR						
C. intybus - C	2.63 ± 0.40	1.36 ± 0.37	3.72 ± 0.49	0.34 ± 0.05	0.14 ± 0.01	3.04 ± 0.52
C. intybus - N	4.43 ± 0.61	2.76 ± 0.65	3.36 ± 0.56	0.35 ± 0.05	0.21 ± 0.09	5.06 ± 0.43
C. endivia - C	2.70 ± 0.12	2.27 ± 0.24	4.34 ± 0.28	0.65 ± 0.09	0.79 ± 0.21	4.35 ± 0.19
C. endivia - N	5.14 ± 0.23	3.95 ± 0.04	4.61 ± 0.12	0.83 ± 0.13	0.41 ± 0.05	4.85 ± 0.38

C control; N, $Ca(NO_3)_2$ 12 mM. Different letters indicate significant differences between the means (n=5) for each parameter, according to Two-Way ANOVA and Fischer's LSD test at p = 0.05.

Table S2. Amount of taproot per serving providing 12 g of inulin, amount of nitrate ingested with the same amount of taproot served, and percentage of the acceptable daily intake of nitrate ingested with the 12 g inulin serve.

Species	*C. intybus* - C	*C. intybus* - N	*C. endivia* - C	*C. endivia* - N
Tap root for intake of 12 g inulin (g of root)	155.0 ab ± 9.4	217.7 a ± 42.1	220.1 a ± 32.7	111.89 b ± 4.7
Nitrate intake in taproot for 12 g inulin (mg)	41.4 b ± 4.8	757.8 a ± 185.7	35.1 b ± 4.3	311.5 a ± 23.1
% of acceptable daily intake of nitrate	16	293	14	120

C control; N, $Ca(NO_3)_2$ 12 mM. Different letters indicate significant differences between the means (n = 5) for each parameter, according to Two-Way ANOVA and Fischer's LSD test at p = 0.05.