

Zinc and iron biofortification and accumulation of health-promoting compounds in mycorrhizal *Cichorium intybus* L.

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Table S1. Characteristics of *Cichorium intybus* seeds and of the sterile quartz grit used as germination and growth substrate.

	1000-seeds weight (g)	size (mm)	shape	Cu (µg g ⁻¹)	Zn (µg g ⁻¹)	Mn (µg g ⁻¹)	Fe (µg g ⁻¹)
seeds	1.1-1.6	2.0 - 3.0	edge rounded	37.36±2.13	67.02±17.69	36.71±0.96	192.70±9.92
	bulk density (mg m ⁻³)	size (mm)	pH-value	Cu (µg g ⁻¹)	Zn (µg g ⁻¹)	Mn (µg g ⁻¹)	Fe (µg g ⁻¹)
quartz grit	~ 2.65	2.0±0.5	~ 7	6.81±0.03	18.07±0.54	13.17±0.83	609.16±42.65