



ANNA  
TURA

alla  
Griglia

## COURGETTES

### ACTIVE INGREDIENTS:

The courgette is the lowest-calories vegetable and one of the richest ones in water. It is also rich in Vitamins C and B9. Thanks to its high content of potassium and to its low content of sodium, the courgette has exceptional diuretic properties.

### CHARACTERISTICS:

The Cucurbita spp belongs to the Solanaceae family. Species: Cucurbita pepo. There are many varieties of courgettes, whose colour can be a paler or a deeper green, with or without stripes; there are also yellow ones. Very easy to digest, courgettes are low-calories and detoxifying food; they help to cleanse the body.

### DID YOU KNOW?

Hailing from Centre-North America (Mexico), the courgette is spread all over the world. In Europe, Italy is the greatest producer. The squash is a bushy plant, also known as «Italian courgette» or «Neapolitan cocuzzella». In Italy the courgette is cultivated in many regions: Sicily, Latium, Piedmont, Veneto, Apulia, Tuscany and Liguria. *The Guinness Book* has bestowed to Italy the record of the greatest courgette in the world, which was harvested near Ferrara.

### ADVICE FROM THE CHEF:

*The product, presented in convenient packs, already grilled and dressed with sunflower oil, garlic and chilli pepper, can be consumed immediately upon opening the package. You can serve it as appetizer, main course or side dish, by adding, if you like, herbs and spices, salt and pepper. Grilled courgettes are light and fresh, but very appetizing too. You can prepare courgettes roulades, with smoked salmon, a light and cool dish.  
Buon appetito!!!*



COURGETTES  
200 g



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Produced by: GESTIONE SERVIZI INTEGRATI srl  
Establishment Via E. Amaldi, 12 - 00015 Monterotondo (Z.I.) Rome



## Specification / Grilled courgettes

Nutritional Values for 100 g of courgettes (raw)	
CALORIES	11 kcal 46 kJoule
Edible part	88%
Water	93.6 g
Carbohydrates	1.4 g
Fat	0.1 g
Protein	1.3 g
Fiber	1.2 g

Nutritional Values for 100 g of courgettes (grilled)	
CALORIES	56.8 kcal 238 kJoule
Edible part	100%
Water	84.2 g
Carbohydrates	1.3 g
Fat	5.1 g
Protein	1.2 g
Fiber	1.2 g

Processing performed on food nutrient composition data originating from:

- food chemical composition and energy value tables of the Istituto Nazionale della Nutrizione (National Nutrition Institute) in Rome;
- food composition tables – German Institute for bromatological research of Garching-Munich.

INGREDIENTS	Grilled courgettes sprinkled with sunflower oil (flavoured with garlic, chilli pepper and white vinegar).
ORGANOLEPTIC PROPERTIES	Colour: green, with pale stripes. Smell: characteristic. Consistency: compact. Flavour: good, flavoured.
SHELF LIFE	Product edible for up to 30 days (expiry date printed on package)
PRODUCTION PROCESS	High-quality, carefully selected courgettes. The exclusive preparation and cooking process ensure that the organic and nutritional properties are maintained. The courgettes are processed in entirely hygienically controlled areas, following the directions described in the HACCP self-check program applied to the place of production. Ifs Food standards are applied during the production process.
STORAGE	The product should be stored cold, between 0/+4°C. The product should be consumed within 24-48 hours after opening. It is recommended to keep the product cold during the entire storage process.
PREPARATION	The product, which has already been grilled and dressed, can be consumed as it is, or prepared following traditional recipes.
ORIGIN OF MAIN INGREDIENT	Italy and/or another EC country.
OTHER VEGETABLE MATERIAL	≤ 1%
ALLERGENS	The plain product does not contain allergens and conforms to Dir. CE 2003/89 from 10-11-03 and successive amendments relating to allergens and Regulation (UE) 1169/2011.
PACKAGING	MAP product: PP-EVOH-PP TRANSPARENT PACKAGE AND ANTIFOG PLASTIC WRAP. Declaration of allowance to come in contact with food (D.M. 21/3/1973 and successive amendments) D.Lgs. 142/2006-art. 226 section 4; Reg. CEE 2004.1935 CEE; Dir. CEE 2002/72-CEE and successive amendments; Dir. CEE 1994/62 - CEE Commission Regulation (EU) 2015/174 of 5 February 2015 amending and correcting Regulation (EU) No 10/2011.
MICROBIOLOGICAL INFORMATION	Listeria monocytogenes Absent UFC/25 in accordance with REGULATION (EC) n. 2073/2005.