



ANNA  
TURA

# ARTICHOKES

## ACTIVE INGREDIENTS:

It is possible to distinguish three different parts of the artichoke plant: the leaves, the outer bracts, and the edible flower head, "the heart": each of these parts possesses different nutritional properties. The leaves, used for feeding livestock as well as for pharmacological purposes, have high levels of calcium, potassium, and iron, as well as magnesium, zinc, and copper in lesser quantity. The fat content is very low, whereas there are substantial levels of essential amino acids such as lysine, threonine, valine, and phenylalanine. The bracts are rich in fibre and potassium, low in sugar, and fat-free. The edible flower head contains a high percentage of sugars (48%) and proteins (21%). Among the minerals present, potassium, sodium, and calcium can be found in large quantities. There are also high levels of essential amino acids, Vitamin C, beta-carotene, and folic acid. A chemical constituent called cynarine is present in the flower head leaves, which is helpful against some hepatic and renal diseases. Cynarine increases diuresis, aids in biliary secretion, aids in fat digestion, and has positive effects on lipid metabolism in general. It is recommended that diabetics eat artichokes, since its carbohydrates consist nearly entirely of inulin, a complex polysaccharide.

## CHARACTERISTICS:

Artichokes are actually the flower of a perennial herbaceous plant typical of the Mediterranean belonging to the Asteraceae family. They can be with or without spines, wide or long, and their colour ranges from intense green to purple. It is a plant with an underground rhizome from which straight stalks branch out. These can reach heights of 120-130 cm and end in a flower head consisting of many meaty green or purple bracts. The edible part of the plant is actually the flower and the central heart, which is highly sought-after due to its tenderness. The different varieties of artichoke can be classified into spiny and not spiny varieties. Spiny: they are generally more tapered than the non-spiny varieties, and are an intense green colour. Their strong flavour makes them delicious even eaten raw. Non-spiny: they have a rounder shape (which makes them perfect for stuffing) and characteristic hints of purple. They must be cooked and have a delicate, intense flavour.

## DID YOU KNOW?

Artichokes (*cynara cadunculus*) have been known since antiquity by the Egyptians, Greeks, and Romans. They were introduced into Europe in the Middle Ages when the Arabs brought them from Northern Africa to Spain. The English name derives from the Spanish *alcachofa*, which derives from the Arabic word *karshuff*. The Egyptians considered them to be "the gift from the sun". The ancient Romans also grew artichokes, although they preferred the varieties imported from the Roman provinces in Africa and Spain.

## ADVICE FROM THE CHEF:

*The product, presented in convenient packs, simply cooked and preserved au naturel, can be consumed immediately upon opening the container, dressing it with extra virgin olive oil, salt, and lemon, or else sautéed with olive oil, garlic, salt, pepper, chilli pepper, and parsley. Yet another idea is to batter the artichokes and fry them. Artichokes can be used to prepare soups, savoury pies, risottos, and salads, or else can be stuffed and served as a main dish. Some other real specialties are the famous *carciofi alla giudia* (fried artichokes), as well as *carciofi alla romana* (artichokes braised with water, olive oil, and herbs) and stuffed artichokes.*

*Buon appetito!!!*



ARTICHOKES  
AU NATUREL



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Produced by: GESTIONE SERVIZI INTEGRATI srl  
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## Specification / Artichokes

Nutritional Values for 100 gr of artichokes (raw)	
CALORIES	22 kcal 92 kJoule
Edible part	34%
Water	91.3 g
Carbohydrates	2.5 g
Fat	0.2 g
Protein	2.7 g
Fiber	5.5 g

Nutritional Values for 100 gr of artichokes (cooked)	
CALORIES	82 kcal 343 kJoule
Edible part	100%
Water	67.5 g
Carbohydrates	9.3 g
Fat	0.7 g
Protein	10.1 g
Fiber	7.9 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	Plain artichokes: fresh artichokes with no flavouring or preservatives, protective gases. Artichokes in MAP packaging: fresh artichokes with no flavouring or preservatives.
ORGANOLEPTIC PROPERTIES	Colour: purplish green. Smell: characteristic. Consistency: compact, comparable to the fresh product. Flavour: comparable to the fresh product.
SHELF LIFE	Plain artichokes: product edible for up to 12 days. Artichokes in MAP packaging: product edible for up to 30 days. (expiry date printed on package)
PRODUCTION PROCESS	Specialty belonging to the V gamma. High-quality, carefully selected artichokes. The exclusive preparation and cooking process ensure that the organic and nutritional properties are maintained. The artichokes are processed completely in 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	As is: upon opening the package, season as desired. Sautéed: pour the contents of the package into a pan and heat product over low heat for 2-4 min, then season as desired before serving. Microwave: after removing the plastic wrap, put the package directly into the microwave and heat on medium power (750W) for 2 min.
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	Plain product: TRANSPARENT COPOLYMER POLYPROPYLENE AND ANTIFOG PLASTIC WRAP. 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.