



ANNA
TURA

BROCCOLI RABE

ACTIVE INGREDIENTS:

Broccoli rabe is rich in Vitamins such as A, C, and B. It also contains many mineral salts, in particular calcium, iron, and phosphorus. It is low in calories and helps to clean out the intestine because it is rich in fibre. Broccoli rabe contains special sulphur compounds (sulforaphane, dithiolethiones, isothiocyanates, thiocyanates) that help to prevent genetic and cellular problems. In fact, it has long been known that the regular consumption of Brassicaceae is associated with a reduced risk of tumours. Besides those above, broccoli rabe also contains other healthy substances: Vitamin C, which is very important for the immune system; carotenoids, and flavonoids (pigments present in all red, orange, and dark green fruits and vegetables), which are important for maintaining health and for their antioxidant properties.

CHARACTERISTICS:

Broccoli rabe, as the name suggests, are the top of the Brassica rapa plant, which belongs to the Brassicaceae family (the same family as cabbage). They are referred to in different ways across Italy, such as "brocoletti", "cime di rapa", and "friarielli". They are typical of southern Italy, such as the regions of Apulia, Calabria, Basilicata, and Latium, where they can be found in a range of different varieties and recipes.

DID YOU KNOW?

Broccoli rabe and cabbage have always been associated with peasant food, and the typical smell of these vegetables while cooking has always been associated to soup kitchens, or at least to hard-earned, working-class food. Today, however, these vegetables are becoming newly appreciated both from a gastronomical and a nutritional point of view.

ADVICE FROM THE CHEF:

The product, which is conveniently packaged, can be eaten immediately upon opening the container, dressing it with extra virgin olive oil, salt, garlic, and chilli pepper. You can also sauté the broccoli rabe with garlic, bread crumbs, and chilli peppers, and you can even add anchovies if you like. This is a simple, tasty, and healthy dish from traditional peasant cuisine. Buon appetito!!!



BROCCOLI RABE
AU NATUREL
300 g



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



Specification / Broccoli rabe

Nutritional Values for 100 g of broccoli rabe (raw)	
CALORIES	22 kcal 92 kJoule
Edible part	60%
Water	91.4 g
Carbohydrates	0.3 g
Fat	0.4 g
Protein	3.0 g
Fiber	2.9 g

Nutritional Values for 100 g of broccoli rabe (cooked)	
CALORIES	30 kcal 125 kJoule
Edible part	100%
Water	86.9 g
Carbohydrates	0.3 g
Fat	0.6 g
Protein	3.0 g
Fiber	2.2 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	Plain broccoli rabe: fresh broccoli rabe with no flavouring, additives, or preservatives. Broccoli rabe in MAP packaging: fresh broccoli rabe with no flavouring or preservatives.
ORGANOLEPTIC PROPERTIES	Colour: green. Smell: characteristic. Consistency: compact, comparable to fresh product. Flavour: comparable to the fresh product.
SHELF LIFE	Plain broccoli rabe: product edible for up to 12 days. Broccoli rabe 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 broccoli rabe. The exclusive preparation and cooking process ensure that the organic and nutritional properties are maintained. The broccoli rabe is 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	≤ 2%
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.
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 e 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.