



ANNA  
TURA

## B R O C C O L I

### ACTIVE INGREDIENTS:

Broccoli is low in calories and has clear nutritional benefits: it is a source of Vitamin C and B9 and also provides a large quantity of fiber, provitamin A and magnesium. Recently, some researchers have shown that broccoli has useful features in the prevention of some types of cancer, thanks to some compounds produced by broccoli in synergy with antioxidant Vitamins (C and provitamin A).

### CHARACTERISTICS:

On a botanical level broccoli is similar to cauliflower and is characterized by a beautiful green color. The broccoli plant is similar to the cauliflower plant and the main difference is the leaves: in fact, broccoli leaves have a more deeply carved edge and a longer stalk, and they are sometimes darker and fewer than cauliflower's leaves. The edible part of the broccoli is an even efflorescence formed by a large quantity of completely differentiated blossoms. Various local varieties of broccoli exist, though today they are replaced with a few selected types. In Italy it is mainly grown in the regions of Apulia, Campania, Lazio and Marche.

### DID YOU KNOW?

There is evidence that broccoli has been well-known since ancient times; it was considered holy by the Greeks and the Romans, both of whom used it to cure some diseases. During the course of time, broccoli became more and more used and its presence in workplace canteens has increased significantly because of broccoli's innumerable qualities. Furthermore, for a long time broccoli has been considered an ideal food during difficult times.

### ADVICE FROM THE CHEF:

*The product, cooked and preserved au naturel, conserved in convenient packages, can be immediately eaten upon opening the package; it can be dressed with extra virgin olive oil, salt and lemon; otherwise, it can be sautéed with bacon, extra virgin olive oil, garlic, salt, pepper and bread crumbs.  
Buon appetito!!!*



BROCCOLI  
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

### Nutritional Values for 100 g of broccoli

ENERGY (calories)	34 kcal / 144 kJ	Sugars	3.2
Edible part	100	Fiber	3.2
Water	91.7	Salt (mg)	9
Protein	3.1	Calcium (mg)	27
Fat	0.4	Iron (mg)	0.6
Saturated fat	0.05	Vitamin A (µg)	2
Carbohydrates	3.2	Vitamin C (mg)	35

Processing performed on food nutrient composition data originating from:

CREA  
Centro di ricerca Alimenti e Nutrizione

Web page:  
<https://www.crea.gov.it/alimenti-e-nutrizione>

Web page:  
<https://www.alimentinutrizione.it>

INGREDIENTS	Plain broccoli: fresh broccoli with no flavoring, additives or preservatives, protective gases. MAP broccoli: fresh broccoli with no flavoring, additives or preservatives.
ORGANOLEPTIC PROPERTIES	Color: green and white. Smell: characteristic. Consistency: compact, comparable to fresh product. Flavour: comparable to fresh product.
SHELF LIFE	Plain broccoli: product edible for up to 12 days. MAP broccoli: 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. The exclusive preparation and cooking process ensures that the organic and nutritional properties are maintained. The broccoli is processed completely in hygienically controlled areas, following the directions described in the HACCP self-check program which is applied to the place of production. Its 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 3 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 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 and subsequent modifications and supplements. Any cross-contaminations are mentioned in the label.
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 and subsequent modifications and supplements.