



ANNA  
TURA

## C A B B A G E

### ACTIVE INGREDIENTS:

The cabbage is very rich in Vitamin C (47 mg for 100 gr), Vitamin P (6 mg for 100 gr), Vitamin A, Vitamin E (8,9 mg for 100 gr) and Vitamin K, which is important against blood clotting. The cabbage has terrific benefits. Rich in fatty acids (among which Omega 3 and 6), it is very helpful for well-being, because it keeps heart and arteries in a good state. Thanks to its low quantity of calories (about 25 for 100 gr) and to its satiating powers, the cabbage also has slimming properties, and it is appropriate for people who follow a weight-loss diet, as it is a low-fat and high-fibre food.

### CHARACTERISTICS:

The cabbage (*Brassica oleracea* subsp. *capitata*) is a horticulture product belonging to the family *Cruciferae* (or *Brassicaceae*), the same family to which belong other vegetables such as cauliflower, broccoli, kale and Savoy cabbage. The cabbage has European origins; nowadays it is especially cultivated in Germany; in Italy, it is typical of central and southern regions, such as Apulia, Lazio and Campania. The cabbage is a biennial plant, but growers cultivate it in seasonal cycles. It has a thick stem and large fleshy alternating rolled up leaves, which form a very big «head» that contains the younger leaves and the central bud. Unlike Savoy cabbage, which has bubble leaves, the cabbage has smooth ones.

### DID YOU KNOW?

«Cato the Elder and Apicius enormously praised cabbage: they said it summed up whole vegetables' qualities and flavours; Ancients were then as greedy for this vegetable as Moderns are ...»  
The cabbage is an anti-inflammatory, digestive, anti-tumorous and antioxidant agent. It reduces free radicals, helps preventing many diseases and contrasts premature ageing. It is an excellent ally against stress and hypertension and has extraordinary detoxifying powers.

### ADVICE FROM THE CHEF:

*The product, presented in convenient packs, can be consumed immediately upon opening the container, and directly seasoned with extra virgin olive oil, salt, garlic and chilli pepper. Here are some recipes: sautéed cabbage, rice and cabbage soup, speck and cabbage sandwiches, cabbage alla Siciliana, fava beans and cabbage purée, strozzapreti pasta with cabbage and sausage. Buon appetito!!!*



CABBAGE  
AU NATUREL  
300 g



8 05 493 4 42 08 63



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



## Specification / Cabbage

Nutritional Values for 100 g of cabbage (raw)	
CALORIES	19 kcal 78 kJoule
Edible part	93%
Water	92.2 g
Carbohydrates	2.5 g
Fat	0.1 g
Protein	2.1 g
Fiber	2.6 g

Nutritional Values for 100 g of cabbage (cooked)	
CALORIES	21 kcal 86 kJoule
Edible part	100%
Water	91.2 g
Carbohydrates	2.8 g
Fat	0.1 g
Protein	2.3 g
Fiber	2.7 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 cabbage: fresh cabbage with no flavouring, additives, preservatives, or protective gases. Cabbage in MAP packaging: fresh cabbage with no flavouring, additives, preservatives.
ORGANOLEPTIC PROPERTIES	Colour: green. Smell: characteristic. Consistency: compact, comparable to the fresh product. Flavour: comparable to the fresh product.
SHELF LIFE	Plain cabbage: product edible for up to 12 days. Cabbage 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 cabbage. The exclusive preparation and cooking process ensure that the organic and nutritional properties are maintained. The cabbage is 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	As the product is: after opening the package, season it 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 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.