



ANNA  
TURA



## C A R R O T S

### ACTIVE INGREDIENTS:

The carrot is rich in betacarotene and provitamin A, which the body turns into Vitamin A, necessary for healthy skin and for good eyesight. During cooking, the quantity of provitamin A in carrots remains nearly unaltered.

A very small portion of carrots can cover the daily requirement of provitamin A necessary for an adult.

### CHARACTERISTICS:

Italy may be the only European country able to produce carrots all year round. Probably, carrots come from the Mediterranean area and derives from the cross of two natural ombrelliferae of the Daucus genus: *Daucus carota* L. var. *typicus* and *Daucus carota* var. *maximus*.

### DID YOU KNOW?

In ancient times, carrots were used exclusively as food for animals and not for cooking. But their properties of freshening breath and a helping to keep the mouth healthy have led carrots, over time, to be considered a symbol of health, especially in the Arab tradition.

### ADVICE FROM THE CHEF:

*The product, cooked simply and conserved in convenient packages, can be eaten immediately upon opening the container, dressing it with extra virgin olive oil and salt. The addition of balsamic vinegar increases its flavour. Buon appetito!!!*



CARROTS  
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 / Carrots

Nutritional Values for 100 g of carrots (raw)	
CALORIES	35 kcal 147 kJoule
Edible part	95%
Water	91.6 g
Carbohydrates	7.6 g
Fat	0.2 g
Protein	1.1 g
Fiber	3.1 g

Nutritional Values for 100 g of carrots (cooked)	
CALORIES	84 kcal 351 kJoule
Edible part	100%
Water	79.7 g
Carbohydrates	18.3 g
Fat	0.5 g
Protein	2.6 g
Fiber	3.1 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 carrots: fresh carrots with no flavouring or preservatives, protective gases. Carrots in MAP packaging: fresh carrots with no flavouring or preservatives.
ORGANOLEPTIC PROPERTIES	Colour: orange. Smell: characteristic. Consistency: compact, comparable to the fresh product. Flavour: comparable to the fresh product.
SHELF LIFE	Plain carrots: product edible for up to 12 days (expiry date printed on package). Carrots 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 carrots. The exclusive preparation and cooking process ensure that the organic and nutritional properties are maintained. The carrots are processed completely in hygienically controlled areas, following the directions described in the HACCP self-check program applied to the place of production.
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.
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.