



ANNA  
TURA

# CAULIFLOWER

## ACTIVE INGREDIENTS:

Cauliflower is naturally rich in Vitamin C and Vitamin B9, necessary for cell production and renewal. Even when slightly cooked, it maintains a high concentration of both of these vitamins. Among members of the cabbage family, cauliflower is the most highly digestible, thanks to the presence of citric and malic acids.

## CHARACTERISTICS:

The scientific name of cabbage is Brassica Oleracea and it is part of the the Crucifer family. There are numerous cultivated varieties of various different forms: cauliflower, cabbage, Savoy cabbage, kohlrabi, broccoli, Brussel

sprouts, black cabbage, etc. The edible part of this typical winter plant is either the leaves (cabbage, Savoy cabbage, Chinese cabbage, Brussel sprouts) or else the still immature buds (broccoli, cauliflower). The edible part of cauliflower is the flower, called the corymb, which forms a white or cream-colored "ball" in the first stages of its development. This is the classic cauliflower of which there exist many local varieties, along with selected varieties.

A particularly interesting variety both in its aspect and in its flavor is Roman cabbage. This is part of the cauliflower family but stands out because of its shape and the green color of its corymb. In Italy cauliflower is cultivated in Campania, Marche, Apulia, Latium, Tuscany, Lombardy, Piedmont and Veneto.

Cauliflower is considered a winter and spring vegetable, since its production is mainly from October through May.

## DID YOU KNOW?

The giant Neapolitan cauliflower has white flowers which can grow very large.

The life cycle can be early, with harvesting in fall, or else late, depending on the variety (in January, February, March or April). It is important to harvest it at the correct phase of ripening because after this phase the white flowers tend to become yellow quickly. The typical way to prepare it is boiled, and it is also the main ingredient of salad side dish and "pasta and cauliflower", typical Neapolitan dishes. There is also a Sicilian variety of cauliflower with lilac/violet flowers and the Roman cauliflower which stands out thanks to its bright greenish-yellow color and its pointed flowers. In this plant, in fact, the secondary flowers form a perfectly-proportioned geometric design which repeat themselves like fractals. The tips of the flowers can be broken off and boiled or steamed. The stalks can be peeled like asparagus and are also edible.

## ADVICE FROM THE CHEF:

*The product, cooked simply and conserved plain in convenient packages, can be eaten immediately upon opening the container.*

*It can be eaten both warm and cold, along with soups or pasta, or else baked au gratin with bechamel and parmesan cheese.*

*It can also be used in savory pies or simply dressed with oil and lemon.*

*Buon appetito!!!*



CAULIFLOWER  
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 / Cauliflower

### Nutritional Values for 100 g of cauliflower

ENERGY (calories)	31 kcal / 132 kJ	Sugars	2.6
Edible part	100	Fiber	2.6
Water	89.8	Salt (mg)	6
Protein	3.4	Calcium (mg)	42
Fat	0.2	Iron (mg)	0.6
Saturated fat	0.07	Vitamin A (µg)	45
Carbohydrates	2.9	Vitamin C (mg)	38

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 cauliflower: fresh cauliflower with no flavoring, additives or preservatives, protective gases. Cauliflower rabe in MAP packaging: fresh cauliflower with no flavoring, additives or preservatives.
ORGANOLEPTIC PROPERTIES	Color: white. Smell: characteristic. Consistency: compacted compared to fresh product. Flavour: comparable to fresh product.
SHELF LIFE	Plain cauliflower: product edible for up to 12 days. MAP cauliflower: product edible for up to 30 days. (expiry date printed on package)
PRODUCTION PROCESS	Specialty belonging to the V gamma. High-quality, carefully selected cauliflower. The exclusive preparation and cooking process ensures that the organic and nutritional properties are maintained. The cauliflower 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. 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, dress 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 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.