



ANNA  
TURA

## CHICORY

### ACTIVE INGREDIENTS:

Chicory contains many substances: inulin, cicorina (a bitter glycoside), mucilage, resins, essential oils and pectins. Other substances that are present include: arsenic, levulin, sugars; terpenes, acetic and stearic acids; mineral salts such as sodium, potassium, magnesium, calcium, iron, copper, phosphorus; chlorides, Vitamins such as B, C, P, and K; amino acids, lipids and protides.

### CHARACTERISTICS:

Chicory is an annual, biennial or perennial herbaceous plant; it is present in Europe, Asia, Northern Africa and in North and South America.

### DID YOU KNOW?

Chicory was first mentioned 4000 years ago, since it was mentioned in the Ebers papyrus. In 1300, the German botanist Conrad of Megenberg called chicory "sponsa solis", that is "bride of the sun", because its flowers open and close with the sun's movement.

### 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 extra virgin olive oil, garlic, and hot pepper.*

*Buon appetito!!!*



CHICORY  
AU NATUREL  
300 g



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



## Scheda tecnica / Chicory

### Nutritional Values for 100 g of chicory

ENERGY (calories)	17 kcal / 72 kJ
Edible part	100
Water	93.3
Protein	1.4
Fat	0.2
Saturated fat	0
Carbohydrates	0.7

Sugars	0.7
Fiber	3.6
Salt (mg)	1
Calcium (mg)	70
Iron (mg)	0.5
Vitamin A (µg)	197
Vitamin C (mg)	11

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 chicory: fresh chicory with no flavoring, additives or preservatives, protective gases. MAP chicory: fresh chicory with no flavoring, additives or preservatives. Sautéed MAP chicory: fresh chicory with garlic, extra virgin olive oil and hot pepper.
ORGANOLEPTIC PROPERTIES	Color: green. Smell: characteristic. Consistency: compacted compared to fresh product. Flavour: comparable to fresh product.
SHELF LIFE	Plain chicory: product edible for up to 12 days. MAP chicory: product edible for up to 30 days. Sautéed MAP chicory: product edible for up to 30 days. (expiry date printed on package)
PRODUCTION PROCESS	Specialty belonging to the V gamma. High-quality, carefully selected chicory. The exclusive preparation and cooking process ensures that the organic and nutritional properties are maintained. The chicory 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 quickly upon 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 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.