



ANNA  
TURA

# ESCAROLA

## ACTIVE INGREDIENTS:

Light, refreshing vegetables (around 95% water), endives and escarole have very few calories. They have around 2.7% soft fibres, composed mostly of cellulose and hemicellulose, which give them their stiff, crunchy consistency. They have a very high concentration of Vitamin C and Vitamin B9. These vegetables have notable tonic, diuretic, and laxative properties. They have low calorie levels (10-20 cal/100 g), a high level of Vitamin A (1600 U.I.) and Vitamin C (10-23 mg/100 g), and high levels of mineral salts, in particular potassium, phosphorus and calcium.

## CHARACTERISTICS:

Endives and escarole are part of the Composite or Asteraceae family, and exist in two subspecies:

endivia L. var. crispum is the curly chicory commonly called "endives" while C. endivia var. latifolium is commonly referred to as "escarole".

- Escarole (Cichorium endivia latifolium): commonly known as escarole, it is the most widely used type of chicory, which has wide, wavy leaves. The outermost part of the leaves is bent towards the inside of the plant, and escarole has a crunchy consistency.
- Curly endives (Cichorium endivia crispum): commonly known as curly or frisée endives. It differs from escarole in the form of its leaves, which have long, curly, irregular stems. Curly endive heads have a very small "heart" of central leaves.

## DID YOU KNOW?

In ancient Rome, endives were known by the name intybus; it was the Swedish botanist Carl Linnaeus who then gave the name Intybus to chicory. Later endives were reclassified under the species C. endivia. Endives and escarole are highly prized in Italy, especially the autumn and winter varieties, although there are also summer varieties. You can check the freshness of these vegetables by looking at where the leaves attach to the core of the head, which should be of a light color, and the lack of shriveled leaves and leaves with dark edges.

## ADVICE FROM THE CHEF:

*The product, cooked simply and offered in convenient packages, can be eaten immediately upon opening the container, dressing it with extra virgin olive oil and lemon juice. It can also be used to prepare "pizza di scarola", a flavourful stuffed pie originating in the culinary tradition of the Naples area, which is often served around Christmas. Pizza di scarola, served room temperature and cut into bite-size squares, makes an original starter or a delicious snack, making this pizza the ultimate finger food: traditional, tasty, and hearty.*

*Buon appetito!!!*



ESCAROLA  
AU NATUREL  
300 g



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Produced by: GESTIONE SERVIZI INTEGRATI srl  
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## Specification / Escarola

Nutritional Values for 100 g of endives (raw)	
CALORIES	16 kcal 69 kJoule
Edible part	69%
Water	93 g
Carbohydrates	2.7 g
Fat	0.3 g
Protein	0.9 g
Fiber	1.6 g

Nutritional Values for 100 g of endives (cooked)	
CALORIES	16 kcal 69 kJoule
Edible part	100%
Water	95 g
Carbohydrates	2.7 g
Fat	0.3 g
Protein	0.9 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 endives: fresh endives with no flavoring, additives or preservatives, protective gases. MAP endives: fresh endives with no flavoring, additives or preservatives.
ORGANOLEPTIC PROPERTIES	Color: green / yellow. Smell: characteristic. Consistency: compacted compared to fresh product. Flavor: comparable to fresh product.
SHELF LIFE	Plain endives: product edible for up to 12 days. MAP endives: product edible for up to 30 days. (expiry date printed on package)
PRODUCTION PROCESS	Specialty belonging to the V gamma (plain product). High-quality, carefully selected endives. The exclusive preparation and cooking process ensures that the organic and nutritional properties are maintained. The endives 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, 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 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 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 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.