



ANNA  
TURA

# ROMANESCO BROCCOLI

## ACTIVE INGREDIENTS:

A typical head of Romanesco broccoli, which belongs to the same family as cabbage and cauliflower, weighs between 300 and 600 grams. It is rich in Vitamin C, folic acid, potassium, and fibre, and also contains Vitamin PP, phosphorus, calcium, sodium, and iron. Scientific studies have confirmed that the regular consumption of Brassicaceae, rich in chlorophyll, carotenoids, and phenolic compounds, reduces the risk of cancer and cardiovascular diseases.

## CHARACTERISTICS:

An amazing thing about Romanesco broccoli, which belongs to the cabbage family (*Brassica oleracea*), is the perfect shape of its florets, which repeat themselves like fractals.

It is one of the most ancient vegetables in existence. Its colour is an intense light green, and it has a sweet taste. The regularity with which its florets repeat themselves is truly unique and fascinating.

Although broccoli belongs to the cauliflower species, it can usually be distinguished by the presence of secondary sprouts or flowers. It was probably precisely this peculiarity to give rise to the name broccoli: in fact, brocco is an Old Italian word for sprout. It is fascinating to think that something as mathematical and geometric as a fractal is spontaneously present in nature.

## DID YOU KNOW?

Romanesco broccoli has been grown in the Roman countryside for many centuries. There are many bibliographical sources, in fact, that prove the cultivation of this vegetable. In 1834, for example, Giuseppe Gioacchino Belli, in his sonnet "Er Testamento Der Pasqualino", makes reference to the Romanesco broccoli that he grew and sold. Some accounting books dating from 1969-1973 have been found at area farms, which list the profits from the sale of Romanesco broccoli. Because of the strong tie the locals have to this vegetable, around Rome it is simply called "broccoli".

## ADVICE FROM THE CHEF:

*The product, which is conveniently packaged, can be eaten immediately upon opening the container, dressing it with extra virgin olive oil, salt, garlic, and chilli pepper.*

*If you prefer, you can also prepare the broccoli by following this simple recipe: slice an onion very finely and sauté it with olive oil and some anchovy filets. When the onion is browned, add the broccoli, wine, salt, and pepper. This dish is known as "broccoli drowned in red wine". Buon appetito!!!*



ROMANESCO BROCCOLI  
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 / Romanesco broccoli

Nutritional Values for 100 g of romanesco broccoli (raw)	
CALORIES	24 kcal 100 kJoule
Edible part	72%
Water	89.0 g
Carbohydrates	2.0 g
Fat	0.3 g
Protein	3.0 g
Fiber	3.0 g

Nutritional Values for 100 g of romanesco broccoli (cooked)	
CALORIES	105 kcal 440 kJoule
Edible part	100%
Water	50.7 g
Carbohydrates	8.9 g
Fat	1.3 g
Protein	15.0 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 Romanesco broccoli: fresh Romanesco broccoli with no flavouring, additives, or preservatives. Romanesco broccoli in MAP packaging: fresh Romanesco broccoli with no flavouring or preservatives.
ORGANOLEPTIC PROPERTIES	Colour: bright green. Smell: characteristic. Consistency: compact, comparable to fresh product. Flavour: comparable to the fresh product.
SHELF LIFE	Plain Romanesco broccoli: product edible for up to 12 days. Romanesco broccoli 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 Romanesco broccoli. The exclusive preparation and cooking process ensure that the organic and nutritional properties are maintained. The Romanesco broccoli is processed completely in 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 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 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 - 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.