



ANNA  
TURA

# S A V O Y C A B B A G E

## ACTIVE INGREDIENTS:

Savoy cabbage is very rich in Vitamin A (1000-1600 UI), Vitamin C (55 mg/100g of raw cabbage), and Vitamin K (important for blood clotting), as well as in minerals such as potassium, phosphorus, iron, calcium, and sulphur (which causes the characteristic smell during cooking). All members of the cabbage family have around 30 Kcal per 100g of raw vegetable, and are quite filling.

## CHARACTERISTICS:

Savoy cabbage is grown all over Italy, including in the hills and the mountains. The regions where the most is produced are Piedmont, Apulia, Veneto, Latium, and Lombardy. The species belongs to the

Brassicaceae family, and is considered to have originated in Europe. It can be used raw, cooked, or pickled in sauerkraut. What distinguishes it from spring cabbage is the smell and the stronger flavour. Brassica oleracea bullata sabauda, more commonly known as Savoy cabbage, has a straight stalk and large leaves, which can be bumpy. The outermost leaves open outwards, whereas the innermost leaves form a ball, although they are not as tightly interlaced as spring cabbage's leaves. The edible part consists of the leaves, the outermost of which turn outwards while the innermost ones wrap around each other to form a large, tight ball.

There are many small veins, whereas the central vein is very pronounced and white in colour. Savoy cabbage is a biennial herbaceous plant, and is much more resistant to cold than spring cabbage. The leaves of the different varieties range from green to purplish red and they grow one on top of another to form the ball-shaped head.

## DID YOU KNOW?

The beneficial properties of Savoy cabbage have been known since antiquity; the Greeks even considered it sacred. Recent studies have shown that Savoy cabbage, thanks to its organoleptic properties and the presence of some substances known as indoles, can be helpful in reducing the risk of some types of tumours, especially those of the digestive and urinary tracts. Herbal teas made of Savoy cabbage seem to help fight bronchitis and asthma, as well as gastrointestinal diseases. In the Italian town of Montaldo Dora, every fourth Sunday of November the "Savoy Cabbage Festival" is celebrated. The aim of this festival is to incentivise the growing of Savoy Cabbage organically and in respect of nature. Limited quantities are grown there, in fact, but of superior quality.

## 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.*

*We also recommend the following recipes: sautéed Savoy cabbage, Savoy cabbage soup, Savoy cabbage with anchovies and parsley, Savoy cabbage and potato pie, and Savoy cabbage risotto. Buon appetito!!!*



SAVOY CABBAGE  
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 / Savoy cabbage

### Nutritional Values for 100 g of savoy cabbage

ENERGY (calories)	29 kcal / 121 kJ
Edible part	100
Water	90.7
Protein	2.0
Fat	0.1
Saturated fat	0
Carbohydrates	3.8

Sugars	3.8
Fiber	2.9
Salt (mg)	0
Calcium (mg)	57
Iron (mg)	0.8
Vitamin A (µg)	17
Vitamin C (mg)	31

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 Savoy cabbage: fresh Savoy cabbage with no flavouring, additives, or preservatives. Savoy cabbage in MAP packaging: fresh Savoy cabbage with no flavouring or preservatives.
ORGANOLEPTIC PROPERTIES	Colour: green. Smell: characteristic sulphur smell. Consistency: compact, comparable to the fresh product. Flavour: comparable to the fresh product.
SHELF LIFE	Plain Savoy cabbage: product edible for up to 12 days. Savoy cabbage 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 Savoy cabbage. The exclusive preparation and cooking process ensure that the organic and nutritional properties are maintained. The Savoy cabbage is processed completely in hygienically controlled areas, following the directions described in the HACCP self-check program 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 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 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.