



ANNA  
TURA

## SWISS CHARD

### ACTIVE INGREDIENTS:

Swiss chard is particularly rich in provitamin A or beta-carotene; this vitamin is essential for the skin, tissues and eyesight. Swiss chard provides a large quantity of magnesium and iron, two substances for good nutrition that are very useful and that are often lacking, especially in women, children and teenagers.

### CHARACTERISTICS:

Swiss chard, also known as beta vulgaris cycla-chenopodiacee, is a variety of beet that comes from the Mediterranean area. It is part of the Chenopodacee family, the same family as spinach.

### DID YOU KNOW?

In 420 B.C. swiss chard appeared in some Greek texts under the name of "beta". Later, by the 15<sup>th</sup> century, cultivation of swiss chard had spread all over Europe, especially in monasteries. It was initially grown for its leaves, but later people started to eat the root, too, especially of the red variety.

### 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 bacon, extra virgin olive oil, garlic, and salt.  
Buon appetito!!!*



SWISS CHARD  
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 / Swiss chard

Nutritional Values for 100 g of swiss chard (raw)	
CALORIES	17 kcal 71 kJoule
Edible part	82%
Water	89.3 g
Carbohydrates	2.8 g
Fat	0.1 g
Protein	1.3 g
Fiber	1.2 g

Nutritional Values for 100 g of swiss chard (cooked)	
CALORIES	36 kcal 150 kJoule
Edible part	100%
Water	92.8 g
Carbohydrates	6.0 g
Fat	0.2 g
Protein	1.3 g
Fiber	3.2 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 swiss chard: fresh chard with no flavoring, additives or preservatives, protective gases. MAP swiss chard: fresh chard with no flavoring, additives or preservatives. Sautéed MAP swiss chard: fresh chard 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 swiss chard: product edible for up to 12 days. MAP swiss chard: product edible for up to 30 days. Sautéed MAP swiss chard: product edible for up to 30 days. (expiry date printed on package)
PRODUCTION PROCESS	Specialty belonging to the V gamma. High-quality, carefully selected swiss chard. The exclusive preparation and cooking process ensures that the organic and nutritional properties are maintained. The swiss chard 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 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 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.