



## 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:

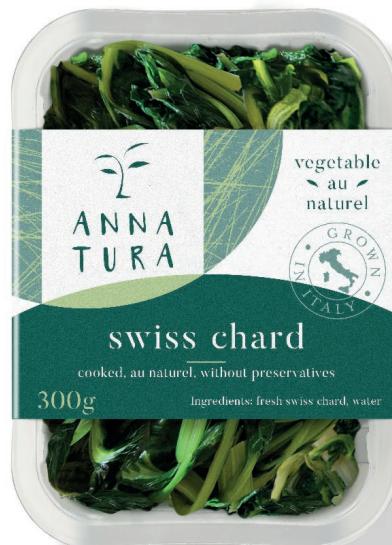
Swiss chard, also known as beta vulgaris cyclochenopodiacee, is a variety of beet that comes from the Mediterranean area. It is part of the Chenopodiacee family, the same family as spinach.

### 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:

*sauté in a frying pan with pancetta, oil, garlic and salt to bring out the flavour.  
Enjoy your meal!*



SWISS CHARD  
AU NATUREL  
300 G



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



## Specification / Swiss chard

Nutritional Values for 100 g of swiss chard

ENERGY (calories)	18 kcal / 74 kJ
Edible part	100
Water	92.2
Protein	1.5
Fat	0.1
Saturated fat	0.02
Carbohydrates	2.1

Sugars	2.1
Fiber	1.4
Salt (mg)	8
Calcium (mg)	64
Iron (mg)	0.8
Vitamin A (µg)	237
Vitamin C (mg)	5

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	MAP swiss chard: fresh chard with no flavoring, additives or preservatives.
ORGANOLEPTIC PROPERTIES	Color: green. Smell: characteristic. Consistency: compacted compared to fresh product. Flavour: comparable to fresh product.
SHELF LIFE	Sautéed MAP swiss chard: product edible for up to 30 days.
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 entirely consumed after opening. It is recommended to keep the product cold during the entire storage process.
PREPARATION	Sauté in a frying pan for 5 minutes, or reheat in the microwave at 950 watts for 3 minutes, stirring while reheating.
ORIGIN OF MAIN INGREDIENT	Italy.
OTHER VEGETABLE MATERIAL	≤ 2%
ALLERGENS	The product does not contain allergens and is compliant with Reg. (EU) 1169/2011 as amended. Any cross-contamination is mentioned on the label.
PACKAGING	Au naturel product: TRANSPARENT COPOLYMER POLYPROPYLENE AND ANTI-FOG PLASTIC WRAP MAP product: PP-EVOH-PP TRANSPARENT BARRIER PACKAGE AND ANTI-FOG PLASTIC WRAP Declaration of compliance for food contact materials: Italian Ministerial Decree 21/3/1973 as amended; Italian Legislative Decree 152/2006 - Article 226(4); Italian Legislative Decree No. 29 of 10 February 2017; Regulation (EU) 1935/2004 as amended; Directive 2007/19/EC as amended; Regulation (EU) 10/2011 as amended; Regulation (EU) 2015/174, amending and correcting Regulation (EU) 10/2011.
MICROBIOLOGICAL INFORMATION	Listeria monocytogenes UFC/25g: Absent in accordance with REGULATION (EC) No. 2073/2005 as amended.