



BROCCOLI RABE



ACTIVE INGREDIENTS:

Broccoli rabe is rich in Vitamins such as A, C, and B. It also contains many mineral salts, in particular calcium, iron, and phosphorus. It is low in calories and helps to clean out the intestine because it is rich in fibre. Broccoli rabe contains special sulphur compounds (sulforaphane, dithiolethiones, isothiocyanates, thiocyanates) that help to prevent genetic and cellular problems. In fact, it has long been known that the regular consumption of Brassicaceae is associated with a reduced risk of tumours. Besides those above, broccoli rabe also contains other healthy substances: Vitamin C, which is very important for the immune system; carotenoids, and flavonoids (pigments present in all red, orange, and dark green fruits and vegetables), which are important for maintaining health and for their antioxidant properties.

CHARACTERISTICS:

Broccoli rabe, as the name suggests, are the top of the Brassica rapa plant, which belongs to the Brassicaceae family (the same family as cabbage). They are referred to in different ways across Italy, such as “brocoletti”, “cime di rapa”, and “friarielli”. They are typical of southern Italy, such as the regions of Apulia, Calabria, Basilicata, and Latium, where they can be found in a range of different varieties and recipes.

DID YOU KNOW?

Broccoli rabe and cabbage have always been associated with peasant food, and the typical smell of these vegetables while cooking has always been associated to soup kitchens, or at least to hard-earned, working-class food. Today, however, these vegetables are becoming newly appreciated both from a gastronomical and a nutritional point of view.

ADVICE FROM THE CHEF:

Make a mirepoix, then sauté the broccoli rabe with garlic, bread crumbs, and chilli peppers, and you can even add anchovies if you like.

This is a simple, tasty, and healthy dish from traditional peasant cuisine.

Enjoy your meal!



BROCCOLI RABE
AU NATUREL
300 G



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Produced by: ANNATURA srl

Establishment Via E. Amaldi, 12 - 00015 Monterotondo (Z.I.) Rome



Specification / Broccoli rabe

Nutritional Values for 100 g of broccoli rabe

ENERGY (calories)	29 kcal / 122 kJ
Edible part	100
Water	90.9
Protein	3.1
Fat	0.3
Saturated fat	0.07
Carbohydrates	2.1

Sugars	2.1
Fiber	3.1
Salt (mg)	6
Calcium (mg)	92
Iron (mg)	1.1
Vitamin A (µg)	203
Vitamin C (mg)	72

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	Broccoli rabe in MAP packaging: fresh broccoli rabe with no flavouring or preservatives.
ORGANOLEPTIC PROPERTIES	Colour: green. Smell: characteristic. Consistency: compact, comparable to fresh product. Flavour: comparable to the fresh product.
SHELF LIFE	Broccoli rabe in MAP packaging: product edible for up to 30 days.
PRODUCTION PROCESS	Specialty belonging to the V gamma. High-quality, carefully selected broccoli rabe. The exclusive preparation and cooking process ensure that the organic and nutritional properties are maintained. The broccoli rabe 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 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.