



B R O C C O L I •

ACTIVE INGREDIENTS:

Broccoli is low in calories and has clear nutritional benefits: it is a source of Vitamin C and B9 and also provides a large quantity of fiber, provitamin A and magnesium. Recently, some researchers have shown that broccoli has useful features in the prevention of some types of cancer, thanks to some compounds produced by broccoli in synergy with antioxidant Vitamins (C and provitamin A).

CHARACTERISTICS:

On a botanical level broccoli is similar to cauliflower and is characterized by a beautiful green color. The broccoli plant is similar to the cauliflower plant and the main difference is the leaves: in fact, broccoli leaves have a more deeply carved edge and a longer stalk, and they are sometimes darker and fewer than cauliflower's leaves. The edible part of the broccoli is an even efflorescence formed by a large quantity of completely differentiated blossoms. Various local varieties of broccoli exist, though today they are replaced with a few selected types. In Italy it is mainly grown in the regions of Apulia, Campania, Lazio and Marche.

DID YOU KNOW?

There is evidence that broccoli has been well-known since ancient times; it was considered holy by the Greeks and the Romans, both of whom used it to cure some diseases. During the course of time, broccoli became more and more used and its presence in workplace canteens has increased significantly because of broccoli's innumerable qualities. Furthermore, for a long time broccoli has been considered an ideal food during difficult times.

ADVICE FROM THE CHEF:

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



BROCCOLI
AU NATUREL
300 g



Produced by: ANNATURA srl

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



Specification / Broccoli

Nutritional Values for 100 g of broccoli

ENERGY (calories)	34 kcal / 144 kJ
Edible part	100
Water	91.7
Protein	3.1
Fat	0.4
Saturated fat	0.05
Carbohydrates	3.2

Sugars	3.2
Fiber	3.2
Salt (mg)	9
Calcium (mg)	27
Iron (mg)	0.6
Vitamin A (µg)	2
Vitamin C (mg)	35

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 broccoli: fresh broccoli with no flavoring, additives or preservatives.
ORGANOLEPTIC PROPERTIES	Color: green and white. Smell: characteristic. Consistency: compact, comparable to fresh product. Flavour: comparable to fresh product.
SHELF LIFE	MAP broccoli: product edible for up to 30 days.
PRODUCTION PROCESS	Specialty belonging to the V gamma. High-quality, carefully selected broccoli. The exclusive preparation and cooking process ensures that the organic and nutritional properties are maintained. The broccoli 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	≤ 1%
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.