



ROMANESCO BROCCOLI



ACTIVE INGREDIENTS:

A typical head of Romanesco broccoli, which belongs to the same family as cabbage and cauliflower, weighs between 300 and 600 grams. It is rich in Vitamin C, folic acid, potassium, and fibre, and also contains Vitamin PP, phosphorus, calcium, sodium, and iron. Scientific studies have confirmed that the regular consumption of Brassicaceae, rich in chlorophyll, carotenoids, and phenolic compounds, reduces the risk of cancer and cardiovascular diseases.

CHARACTERISTICS:

An amazing thing about Romanesco broccoli, which belongs to the cabbage family (Brassica oleracea), is the perfect shape of its florets, which repeat themselves like fractals.

It is one of the most ancient vegetables in existence. Its colour is an intense light green, and it has a sweet taste. The regularity with which its florets repeat themselves is truly unique and fascinating.

Although broccoli belongs to the cauliflower species, it can usually be distinguished by the presence of secondary sprouts or flowers. It was probably precisely this peculiarity to give rise to the name broccoli: in fact, brocco is an Old Italian word for sprout. It is fascinating to think that something as mathematical and geometric as a fractal is spontaneously present in nature.

DID YOU KNOW?

Romanesco broccoli has been grown in the Roman countryside for many centuries. There are many bibliographical sources, in fact, that prove the cultivation of this vegetable. In 1834, for example, Giuseppe Gioacchino Belli, in his sonnet "Er Testamento Der Pasqualino", makes reference to the Romanesco broccoli that he grew and sold. Some accounting books dating from 1969-1973 have been found at area farms, which list the profits from the sale of Romanesco broccoli. Because of the strong tie the locals have to this vegetable, around Rome it is simply called "broccoli".

ADVICE FROM THE CHEF:

sauté in a frying pan by following a few simple steps: slice an onion very finely and sauté it with olive oil and some anchovy fillets.

When the onion is browned, add the broccoli, wine, salt, and pepper. This dish is known as "broccoli drowned in red wine".

Enjoy your meal!



ROMANESCO BROCCOLI
AU NATUREL
300 g



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Produced by: ANNATURA srl

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



Specification / Romanesco broccoli

Nutritional Values for 100 g of romanesco broccoli

ENERGY (calories)	52 kcal / 219 kJ
Edible part	100
Water	80.7
Protein	6.0
Fat	0.5
Saturated fat	0.05
Carbohydrates	3.5

Sugars	3.5
Fiber	5.3
Salt (mg)	6
Calcium (mg)	68
Iron (mg)	0.9
Vitamin A (µg)	111
Vitamin C (mg)	50

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