



## BRUSSELS SPROUTS

### ACTIVE INGREDIENTS:

The Brussels sprout is particularly rich in vitamins and in antioxidant substances, especially in phenol, so that it is very useful for preventing cancer, and above all prostate, breast and colon cancers.

It is rich in Vitamin A, useful for the skin and the mucous membrane, in Vitamin B, in Vitamin C, which is an important aid against infections, and in Vitamin K, essential for keeping bones healthy. Sinigrin, thycyanate and sulphoraphane make the Brussels sprout a food not to neglect in our diet.

Thanks to its high quantity of folic acid and thiamine, it stimulates brain activity and concentration.

It is also good for female hormonal metabolism, and has antianemic and detoxifying properties.

### CHARACTERISTICS:

The Brussels sprout belongs to the cabbage family.

To be precise, it is the edible sprout of Brassica oleracea and it actually is a miniature cabbage.

The Brussels sprout is a typical winter vegetable, particularly consumed in North Europe.

It exists in many varieties, among which a "dwarf" one and a quiet rare red one.

### DID YOU KNOW?

Despite its name, tradition says that the Brussels sprout comes from Italy: roman legionnaires could have imported it in Belgium.

As a matter of fact, today Belgians are not great consumers of this vegetable, which is much more appreciated in Scotland and in the Netherlands.

### ADVICE FROM THE CHEF:

*The product, which is conveniently packaged, can be eaten immediately upon opening the container, dressing it with extra virgin olive oil and salt. If you prefer, you can also slice them in half and sauté them with a tablespoon of olive oil and a touch of butter.*

*Season them with salt and pepper, and continue sautéing the Brussels sprouts until they become golden brown. Buon appetito!!!*



BRUSSELS SPROUTS  
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 / Brussels sprouts

Nutritional Values for 100 g of Brussels sprouts (raw)	
CALORIES	47 kcal 197 kJoule
Edible part	76%
Water	85.7 g
Carbohydrates	4.2 g
Fat	0.5 g
Protein	2.9 g
Fiber	5 g

Nutritional Values for 100 g of Brussels sprouts (frozen)	
CALORIES	47 kcal 197 kJoule
Edible part	100%
Water	92 g
Carbohydrates	5.4 g
Fat	0.7 g
Protein	2.8 g
Fiber	4 g

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>  
Technical specification

INGREDIENTS	Brussels sprout nature in MAP packaging, with no flavouring, additives, preservatives.
ORGANOLEPTIC PROPERTIES	Colour: streaked green. Smell: characteristic. Consistency: entire sprouts. Flavour: comparable to the fresh product.
SHELF LIFE	Brussels sprout nature in MAP packaging; product edible for up to 30 days. (expiration date printed on package)
PRODUCTION PROCESS	Specialty belonging to the V gamma. High-quality, carefully selected Brussels sprouts. The exclusive preparation and cooking process ensure that the organic and nutritional properties are maintained. The Brussels sprouts are processed in entirely 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	As the product is: after opening the package, season it 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	≤ 1%
ALLERGENS	The 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 and subsequent modifications and supplements. Any cross-contaminations are mentioned in the label.
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 and 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 and subsequent modifications and supplements.