



C A R R O T S

ACTIVE INGREDIENTS:

The carrot is rich in betacarotene and provitamin A, which the body turns into Vitamin A, necessary for healthy skin and for good eyesight. During cooking, the quantity of provitamin A in carrots remains nearly unaltered. A very small portion of carrots can cover the daily requirement of provitamin A necessary for an adult.

CHARACTERISTICS:

Italy may be the only European country able to produce carrots all year round. Probably, carrots come from the Mediterranean area and derives from the cross of two natural ombrelliferae of the Daucus genus: *Daucus carota* L. var. *typicus* and *Daucus carota* var. *maximus*.

DID YOU KNOW?

In ancient times, carrots were used exclusively as food for animals and not for cooking. But their properties of freshening breath and a helping to keep the mouth healthy have led carrots, over time, to be considered a symbol of health, especially in the Arab tradition.

ADVICE FROM THE CHEF:

sauté in a frying pan, adding a little balsamic vinegar to bring out the flavour. Enjoy your meal!



CARROTS
AU NATUREL
300 g



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Produced by: ANNATURA srl

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



Specification / Carrots

Nutritional Values for 100 g of carrots

ENERGY (calories)	47 kcal / 196 kJ
Edible part	100
Water	88.5
Protein	1.3
Fat	0.2
Saturated fat	0.03
Carbohydrates	8.7

Sugars	8.7
Fiber	3.6
Salt (mg)	71
Calcium (mg)	42
Iron (mg)	0.5
Vitamin A (µg)	1033
Vitamin C (mg)	3

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	Carrots in MAP packaging: fresh carrots with no flavouring or preservatives.
ORGANOLEPTIC PROPERTIES	Colour: orange. Smell: characteristic. Consistency: compact, comparable to the fresh product. Flavour: comparable to the fresh product.
SHELF LIFE	Carrots in MAP packaging: product edible for up to 30 days (expiry date printed on package).
PRODUCTION PROCESS	Specialty belonging to the V gamma. High-quality, carefully selected carrots. The exclusive preparation and cooking process ensure that the organic and nutritional properties are maintained. The carrots are processed completely in hygienically controlled areas, following the directions described in the HACCP self-check program applied to the place of production.
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.