



# 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, thyocianate 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:

*Cut them in half and sauté in a frying pan.  
Season with salt and pepper.  
Continue cooking sautéing the Brussels  
sprouts until they become golden brown.  
Enjoy your meal!*



BRUSSELS SPROUTS  
AU NATUREL  
300 g



Produced by: ANNATURA 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.
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	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 and/or another EC country.
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.