



## CAULIFLOWER

### ACTIVE INGREDIENTS:

Cauliflower is naturally rich in Vitamin C and Vitamin B9, necessary for cell production and renewal. Even when slightly cooked, it maintains a high concentration of both of these vitamins. Among members of the cabbage family, cauliflower is the most highly digestible, thanks to the presence of citric and malic acids.

### CHARACTERISTICS:

The scientific name of cabbage is Brassica Oleracea and it is part of the Crucifer family. There are numerous cultivated varieties of various different forms: cauliflower, cabbage, Savoy cabbage, kohlrabi, broccoli,

Brussel sprouts, black cabbage, etc. The edible part of this typical winter plant is either the leaves (cabbage, Savoy cabbage, Chinese cabbage, Brussel sprouts) or else the still immature buds (broccoli, cauliflower). The edible part of cauliflower is the flower, called the corymb, which forms a white or cream-colored "ball" in the first stages of its development. This is the classic cauliflower of which there exist many local varieties, along with selected varieties.

A particularly interesting variety both in its aspect and in its flavor is Roman cabbage. This is part of the cauliflower family but stands out because of its shape and the green color of its corymb. In Italy cauliflower is cultivated in Campania, Marche, Apulia, Latium, Tuscany, Lombardy, Piedmont and Veneto.

Cauliflower is considered a winter and spring vegetable, since its production is mainly from October through May.

### DID YOU KNOW?

The giant Neapolitan cauliflower has white flowers which can grow very large.

The life cycle can be early, with harvesting in fall, or else late, depending on the variety (in January, February, March or April). It is important to harvest it at the correct phase of ripening because after this phase the white flowers tend to become yellow quickly. The typical way to prepare it is boiled, and it is also the main ingredient of salad side dish and "pasta and cauliflower", typical Neapolitan dishes. There is also a Sicilian variety of cauliflower with lilac/violet flowers and the Roman cauliflower which stands out thanks to its bright greenish-yellow color and its pointed flowers. In this plant, in fact, the secondary flowers form a perfectly-proportioned geometric design which repeat themselves like fractals. The tips of the flowers can be broken off and boiled or steamed. The stalks can be peeled like asparagus and are also edible.

### ADVICE FROM THE CHEF:

*it can be added to broths warm and cold, along with soups or pasta, or else baked au gratin with bechamel and parmesan cheese. It can also be used in savory pies or simply dressed with oil and lemon.*

*Enjoy your meal!*



CAULIFLOWER  
AU NATUREL  
300 g



Produced by: ANNATURA srl

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



Specification /  
Cauliflower

Nutritional Values for 100 g of cauliflower

ENERGY (calories)	31 kcal / 132 kJ
Edible part	100
Water	89.8
Protein	3.4
Fat	0.2
Saturated fat	0.07
Carbohydrates	2.9

Sugars	2.6
Fiber	2.6
Salt (mg)	6
Calcium (mg)	42
Iron (mg)	0.6
Vitamin A (µg)	45
Vitamin C (mg)	38

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	Cauliflower rabe in MAP packaging: fresh cauliflower with no flavoring, additives or preservatives.
ORGANOLEPTIC PROPERTIES	Color: white. Smell: characteristic. Consistency: compacted compared to fresh product. Flavour: comparable to fresh product.
SHELF LIFE	MAP cauliflower: product edible for up to 30 days.
PRODUCTION PROCESS	Specialty belonging to the V gamma. High-quality, carefully selected cauliflower. The exclusive preparation and cooking process ensures that the organic and nutritional properties are maintained. The cauliflower 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	≤ 2%
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.