



## C A B B A G E

### ACTIVE INGREDIENTS:

The cabbage is very rich in Vitamin C (47 mg for 100 gr), Vitamin P (6 mg for 100 gr), Vitamin A, Vitamin E (8,9 mg for 100 gr) and Vitamin K, which is important against blood clotting. The cabbage has terrific benefits. Rich in fatty acids (among which Omega 3 and 6), it is very helpful for well-being, because it keeps heart and arteries in a good state. Thanks to its low quantity of calories (about 25 for 100 gr) and to its satiating powers, the cabbage also has slimming properties, and it is appropriate for people who follow a weight-loss diet, as it is a low-fat and high-fibre food.

### CHARACTERISTICS:

The cabbage (*Brassica oleracea* subsp. *capitata*) is a horticulture product belonging to the family *Cruciferae* (or *Brassicaceae*), the same family to which belong other vegetables such as cauliflower, broccoli, kale and Savoy cabbage. The cabbage has European origins; nowadays it is especially cultivated in Germany; in Italy, it is typical of central and southern regions, such as Apulia, Lazio and Campania. The cabbage is a biennial plant, but growers cultivate it in seasonal cycles. It has a thick stem and large fleshy alternating rolled up leaves, which form a very big «head» that contains the younger leaves and the central bud. Unlike Savoy cabbage, which has bubble leaves, the cabbage has smooth ones.

### DID YOU KNOW?

«Cato the Elder and Apicius enormously praised cabbage: they said it summed up whole vegetables' qualities and flavours; Ancients were then as greedy for this vegetable as Moderns are ...»

The cabbage is an anti-inflammatory, digestive, anti-tumorous and antioxidant agent. It reduces free radicals, helps preventing many diseases and contrasts premature ageing. It is an excellent ally against stress and hypertension and has extraordinary detoxifying powers.

### ADVICE FROM THE CHEF:

*sauté in a frying pan or use in the following recipes:  
sautéed cabbage, rice and cabbage soup, speck  
and cabbage sandwiches, cabbage alla Siciliana,  
fava beans and cabbage purée, strozzapreti pasta  
with cabbage and sausage.  
Enjoy your meal!*



CABBAGE  
AU NATUREL  
300 g



Produced by: ANNATURA srl

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



## Specification / Cabbage

Nutritional Values for 100 g of cabbage

ENERGY (calories)	24 kcal / 100 kJ
Edible part	100
Water	92.1
Protein	2.1
Fat	0.1
Saturated fat	0
Carbohydrates	2.5

Sugars	2.5
Fiber	2.6
Salt (mg)	17
Calcium (mg)	57
Iron (mg)	0.8
Vitamin A (µg)	17
Vitamin C (mg)	31

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