



CHICORY

ACTIVE INGREDIENTS:

Chicory contains many substances: inulin, cicorina (a bitter glycoside), mucilage, resins, essential oils and pectins. Other substances that are present include: arsenic, levulin, sugars; terpenes, acetic and stearic acids; mineral salts such as sodium, potassium, magnesium, calcium, iron, copper, phosphorus; chlorides, Vitamins such as B, C, P, and K; amino acids, lipids and protides.

CHARACTERISTICS:

Chicory is an annual, biennial or perennial herbaceous plant; it is present in Europe, Asia, Northern Africa and in North and South America.

DID YOU KNOW?

Chicory was first mentioned 4000 years ago, since it was mentioned in the Ebers papyrus. In 1300, the German botanist Conrad of Megenberg called chicory "sponsa solis", that is "bride of the sun", because its flowers open and close with the sun's movement.

ADVICE FROM THE CHEF:

*sauté with extra virgin olive oil, garlic, and hot pepper.
Enjoy your meal!*



CHICORY
AU NATUREL
300 g



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Produced by: ANNATURA srl
Establishment Via E. Amaldi, 12 - 00015 Monterotondo (Z.I.) Rome



Scheda tecnica / Chicory

Nutritional Values for 100 g of chicory

ENERGY (calories)	17 kcal / 72 kJ
Edible part	100
Water	93.3
Protein	1.4
Fat	0.2
Saturated fat	0
Carbohydrates	0.7

Sugars	0.7
Fiber	3.6
Salt (mg)	1
Calcium (mg)	70
Iron (mg)	0.5
Vitamin A (µg)	197
Vitamin C (mg)	11

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	MAP chicory: fresh chicory with no flavoring, additives or preservatives. Sautéed MAP chicory: fresh chicory with garlic, extra virgin olive oil and hot pepper.
ORGANOLEPTIC PROPERTIES	Color: green. Smell: characteristic. Consistency: compacted compared to fresh product. Flavour: comparable to fresh product.
SHELF LIFE	MAP chicory: product edible for up to 30 days. Sautéed MAP chicory: product edible for up to 30 days.
PRODUCTION PROCESS	Specialty belonging to the V gamma. High-quality, carefully selected chicory. The exclusive preparation and cooking process ensures that the organic and nutritional properties are maintained. The chicory 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.