



# FENNEL



## ACTIVE INGREDIENTS:

The calorie content in fennel is very low. This vegetable is poor in fats and rich in fibres. Its head contains a good quantity of water, proteins and carbohydrates. Its main active ingredients are potassium, sodium, calcium and phosphorous, Vitamins A, B, C, D and E, and folic acid. Thanks to its high phytoestrogens content, fennel naturally balances female hormones levels and it helps to stimulate milk production during the breastfeeding phase, to reduce premenstrual troubles and to alleviate menopause symptoms. Eating fennel is also good for liver, as it helps your body to detox effectively and contributes to improve hepatic functions.

## CHARACTERISTICS:

The fennel, *Foeniculum vulgare* Mill., is a Mediterranean herbaceous plant of the Apiaceae family (Umbellifers), probably hailing from Asia Minor, but widespread throughout the Mediterranean area and already known by Egyptians, ancient Greeks and Arabs. The fennel characteristic aroma is due to its high content of anethole, an essence that is used to prepare liqueurs. It is important to distinguish the cultivated fennel from the wild one. The two varieties are members of the same family, but while the wild fennel grows spontaneously and is used as an aromatic plant, the cultivated or common fennel has an edible part, the head, that is the bottom of the leaves, which is characterised by a sweeter and less pungent flavour than the other one.

## DID YOU KNOW?

Its name derives from the Latin *foenum* (=hay), because it was used as fodder in the past. The second part of its scientific name, *vulgaris* (=common), means that it is an ordinary plant. We use to distinguish male from female fennel, which is not a scientific distinction, but it's based on its form: the male is rather round, while the female is more elongated.

The Italian expression «farsi infinocchiare» (literally: «to be "fellened"») derives from the innkeepers' practise of serving wedges of cultivated fennel to customers who wanted to buy wine. In fact, its head contains aromatic essences which are able to adulterate the flavour of the wine, so that even a shoddy wine will seem tasty after having eaten fennel.

## ADVICE FROM THE CHEF:

*one of the preparations is «fennels au gratin»:  
just sprinkle the fennels with grated Parmesan  
cheese, bread crumbs, salt and pepper,  
and put them in the oven.  
Enjoy your meal!*



FENNEL  
AU NATUREL  
300 g



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Produced by: ANNATURA srl

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Specification /  
Fennel

Nutritional Values for 100 g of fennel

ENERGY (calories)	17 kcal / 72 kJ
Edible part	100
Water	92.1
Protein	1.4
Fat	tr
Saturated fat	0
Carbohydrates	1.7

Sugars	1.7
Fiber	2.6
Salt (mg)	3
Calcium (mg)	43
Iron (mg)	0.3
Vitamin A (µg)	2
Vitamin C (mg)	8

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