



ANNA  
TURA

alla  
Griglia

# AUBERGINES

## ACTIVE INGREDIENTS:

Aubergines nutritive value is quite low: poor in calories, fats, proteins and carbohydrates, they help keeping a low cholesterol amount in the blood. They are rich in water, potassium, Vitamins A and C, phosphorus, calcium and tannin, while they are very poor in sugars.

## CHARACTERISTICS:

Aubergine (*Solanum melongena*) is a typical summer vegetable, in the Solanaceae family. It has a rigid stem of about 80 cm and lone flowers. Its fruits are spherical, oblong or oval violet berries. Aubergines can have different sizes, forms and colours, depending on their variety.

## DID YOU KNOW?

Aubergine comes from warm Chinese and Indian regions; it was introduced in the Occident by Arabs in 1440, then Carmelites spread it over Europe. The Italian naturalist Giovanni Vittorio Soderini mentions aubergines in its *Treaty on the Cultivation of Vegetable Gardens* (1550). This vegetable had not immediate success (people even believed aubergine was able to cause lunacy). Today, Italy produces about three thousand tons of aubergines per year, especially in Sicily (30% of the national production). The most popular varieties are the White Eggplant from New York, the Chinese or Japanese Eggplant, and the Italian Eggplant.

## ADVICE FROM THE CHEF:

*use them to make a simple,  
quick and tasty recipe:  
orecchiette pasta with aubergines,  
cherry tomatoes and basil pesto.  
Enjoy your meal!!!*



AUBERGINES  
200 g



Produced by: ANNATURA srl

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



## Specification / Grilled aubergines

Nutritional Values for 100 g of aubergines (grilled)	
CALORIES	57 kcal 237 kJoule
Edible part	100%
Water	86,4 g
Carbohydrates	6,4 g
Fat	1,8 g
Protein	2,1 g
Fiber	3,2 g

Processing performed on food nutrient composition data originating from:

- food chemical composition and energy value tables of the Istituto Nazionale della Nutrizione (National Nutrition Institute) in Rome;
- food composition tables – German Institute for bromatological research of Garching-Munich.

INGREDIENTS	Aubergines 99%, sunflower oil, white vinegar.
ORGANOLEPTIC PROPERTIES	Colour: violet. Smell: characteristic. Consistency: compact. Flavour: good, flavoured.
SHELF LIFE	Product edible for up to 30 days (expiry date printed on package)
PRODUCTION PROCESS	High-quality, carefully selected aubergines. The exclusive preparation and cooking process ensure that the organic and nutritional properties are maintained. The aubergines 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	Reheat on a griddle or in a frying pan for 2-3 minutes, turning it over halfway through, or in the microwave at 950 watts for 3 minutes.
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. It may contain sulphites.
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.