



*alla  
Griglia*

## CAPSICUM

### ACTIVE INGREDIENTS:

Thanks to its exceptional Vitamin C content, the capsicum has precious functions for nutrition and health. Many studies focused on its potential anticancer effects. Capsicum extracts can limit the formation or the action of some carcinogenic compounds (such as nitrosamines). This power could be due to its high antioxidants content (especially Vitamin C and carotenoids), but scientist are still researching in order to exactly individuate its active elements and to understand their mechanisms.

### CHARACTERISTICS:

The Capsicum annuum L. belongs to the Solanaceae family. In the Mediterranean area it is an annual plant, while in the warmer climate of South America, where it comes from, it is perennial. Hailing from Mexico, today it is cultivated all over the world. Its plant is a bush which can reach 40 to 80 cm, depending on species; its leaves are pale green, its flowers have a white corolla of 5 to 7 petals with yellowish stamens. Its fruits consist in plump berries which can be pendulous or erect, depending on cultivations. The capsicum is green when budding, then its colour can change to red or yellow, depending on its physiological maturation.

### DID YOU KNOW?

The capsicum was imported in Europe by Christopher Columbus when he came back from his very first travel. As a matter of fact, the great Genoese seafarer believed he had arrived at Indies, where he especially wanted to look for precious spices: the hot flavour of the capsicum struck him and he thought it was a red variety of pepper. That's why the capsicum fruit is also called «pepper».

### ADVICE FROM THE CHEF:

*use them to make a delightful traditional recipe:  
Roman-style chicken with peppers.  
Enjoy your meal!!!*



CAPSICUM  
200 g



Produced by: ANNATURA srl

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



## Specification / Grilled capsicum

Nutritional Values for 100 g of capsicum (grilled)	
CALORIES	38 kcal 160 kJoule
Edible part	100%
Water	92,4 g
Carbohydrates	6,3 g
Fat	0,3 g
Protein	1,6 g
Fiber	1,8 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	Peppers 99%, sunflower oil, lemon juice.
ORGANOLEPTIC PROPERTIES	Colour: yellow, red, depending on the variety of the capsicum. 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 capsicum fruits. The exclusive preparation and cooking process ensure that the organic and nutritional properties are maintained. The capsicum 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	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.