



ESCAROLE



ACTIVE INGREDIENTS:

Light, refreshing vegetables (around 95% water), endives and escarole have very few calories. They have around 2.7% soft fibres, composed mostly of cellulose and hemicellulose, which give them their stiff, crunchy consistency. They have a very high concentration of Vitamin C and Vitamin B9. These vegetables have notable tonic, diuretic, and laxative properties. They have low calorie levels (10-20 cal/100 g), a high level of Vitamin A (1600 U.I.) and Vitamin C (10-23 mg/100 g), and high levels of mineral salts, in particular potassium, phosphorus and calcium.

CHARACTERISTICS:

Endives and escarole are part of the Composite or Asteraceae family, and exist in two subspecies:

endivia L. var. crispum is the curly chicory commonly called "endives" while *C. endivia var. latifolium* is commonly referred to as "escarole".

- Escarole (*Cichorium endivia latifolium*): commonly known as escarole, it is the most widely used type of chicory, which has wide, wavy leaves. The outermost part of the leaves is bent towards the inside of the plant, and escarole has a crunchy consistency.

- Curly endives (*Cichorium endivia crispum*): commonly known as curly or frisée endives. It differs from escarole in the form of its leaves, which have long, curly, irregular stems. Curly endive heads have a very small "heart" of central leaves.

DID YOU KNOW?

In ancient Rome, endives were known by the name intybus; it was the Swedish botanist Carl Linnaeus who then gave the name Intybus to chicory. Later endives were reclassified under the species *C. endivia*. Endives and escarole are highly prized in Italy, especially the autumn and winter varieties, although there are also summer varieties. You can check the freshness of these vegetables by looking at where the leaves attach to the core of the head, which should be of a light color, and the lack of shriveled leaves and leaves with dark edges.

ADVICE FROM THE CHEF:

it can be used to prepare "pizza di scarola", a flavourful stuffed pie originating in the culinary tradition of the Naples area, which is often served around Christmas.

Pizza di scarola, served room temperature and cut into bite-size squares, makes an original starter or a delicious snack, making this pizza the ultimate finger food: traditional, tasty, and hearty.

Enjoy your meal!



ESCAROLE
AU NATUREL
300 g



Produced by: ANNATURA srl

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



Specification / Escarole

Nutritional Values for 100 g of escarole

ENERGY (calories)	23 kcal / 196 kJ
Edible part	100
Water	93.0
Protein	1
Fat	0.3
Saturated fat	0.03
Carbohydrates	3.2

Sugars	3.2
Fiber	1.9
Salt (mg)	7.5
Calcium (mg)	93
Iron (mg)	1.7
Vitamin A (µg)	213
Vitamin C (mg)	35

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 escarole: fresh escarole with no flavoring, additives or preservatives.
ORGANOLEPTIC PROPERTIES	Color: green / yellow. Smell: characteristic. Consistency: compacted compared to fresh product. Flavor: comparable to fresh product.
SHELF LIFE	MAP escarole: product edible for up to 30 days.
PRODUCTION PROCESS	Specialty belonging to the V gamma (plain product). High-quality, carefully selected escarole. The exclusive preparation and cooking process ensures that the organic and nutritional properties are maintained. Escarole 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.