



## SPINACH



### ACTIVE INGREDIENTS:

Spinach is rich in water (over 90%), and for this reason is low in calories. It is rich in three very important Vitamins: Vitamins A, C and B9. It contains iron which, even though it is not completely absorbed, along with other vegetables covers 75% of daily need. Spinach also contains calcium and magnesium.

### CHARACTERISTICS:

Spinach is an herbaceous plant with an annual cycle. Today it is cultivated in particular in the following Italian regions: Tuscany, Lazio, Campania, Marche, Veneto, Piedmont and Apulia. Spinach is a real nutritional treasure offered by the vegetable world in Europe.

### DID YOU KNOW?

When Catherine de Medici left Florence to marry Henri de Valois, the future king of France, she brought along some cooks able to cook spinach, her favorite vegetable. Since then, in classic French cooking dishes are called "à la florentine", when they are characterized by having spinach as a side dish.

### ADVICE FROM THE CHEF:

*sauté with butter and Parmesan cheese  
to bring out the flavour.  
Enjoy your meal!*



SPINACH  
AU NATUREL  
300 g



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



## Specification / Spinach

Nutritional Values for 100 g of spinach

ENERGY (calories)	41 kcal / 171 kJ
Edible part	100
Water	88.2
Protein	4
Fat	0.8
Saturated fat	0
Carbohydrates	3.5

Sugars	0.5
Fiber	2.3
Salt (mg)	75
Calcium (mg)	74
Iron (mg)	2.2
Vitamin A (µg)	437
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 spinach: fresh or frozen spinach with no flavoring, additives or preservatives.
ORGANOLEPTIC PROPERTIES	Color: green. Smell: characteristic. Consistency: compacted compared to fresh product. Flavor: comparable to fresh product.
SHELF LIFE	MAP spinach: product edible for up to 30 days.
PRODUCTION PROCESS	Specialty belonging to the V gamma. High-quality, carefully selected spinach. The exclusive preparation and cooking process ensures that the organic and nutritional properties are maintained. The spinach 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.