



SAVOY CABBAGE



ACTIVE INGREDIENTS:

Savoy cabbage is very rich in Vitamin A (1000-1600 UI), Vitamin C (55 mg/100g of raw cabbage), and Vitamin K (important for blood clotting), as well as in minerals such as potassium, phosphorus, iron, calcium, and sulphur (which causes the characteristic smell during cooking). All members of the cabbage family have around 30 Kcal per 100g of raw vegetable, and are quite filling.

CHARACTERISTICS:

Savoy cabbage is grown all over Italy, including in the hills and the mountains. The regions where the most is produced are Piedmont, Apulia, Veneto, Latium, and Lombardy. The species belongs to the

Brassicacee family, and is considered to have originated in Europe. It can be used raw, cooked, or pickled in sauerkraut. What distinguishes it from spring cabbage is the smell and the stronger flavour. *Brassica oleracea bullata sabauda*, more commonly known as Savoy cabbage, has a straight stalk and large leaves, which can be bumpy. The outermost leaves open outwards, whereas the innermost leaves form a ball, although they are not as tightly interlaced as spring cabbage's leaves. The edible part consists of the leaves, the outermost of which turn outwards while the innermost ones wrap around each other to form a large, tight ball.

There are many small veins, whereas the central vein is very pronounced and white in colour. Savoy cabbage is a biennial herbaceous plant, and is much more resistant to cold than spring cabbage. The leaves of the different varieties range from green to purplish red and they grow one on top of another to form the ball-shaped head.

DID YOU KNOW?

The beneficial properties of Savoy cabbage have been known since antiquity; the Greeks even considered it sacred. Recent studies have shown that Savoy cabbage, thanks to its organoleptic properties and the presence of some substances known as indoles, can be helpful in reducing the risk of some types of tumours, especially those of the digestive and urinary tracts. Herbal teas made of Savoy cabbage seem to help fight bronchitis and asthma, as well as gastrointestinal diseases. In the Italian town of Montaldo Dora, every fourth Sunday of November the "Savoy Cabbage Festival" is celebrated. The aim of this festival is to incentivise the growing of Savoy Cabbage organically and in respect of nature. Limited quantities are grown there, in fact, but of superior quality.

ADVICE FROM THE CHEF:

sauté in a frying pan or use in the following recipes: soup Savoy cabbage, Savoy cabbage soup, Savoy cabbage with anchovies and parsley, Savoy cabbage and potato pie, and Savoy cabbage risotto.

Enjoy your meal!



Produced by: ANNATURA srl

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Specification / Savoy cabbage

Nutritional Values for 100 g of savoy cabbage

| | |
|-------------------|------------------|
| ENERGY (calories) | 29 kcal / 121 kJ |
| Edible part | 100 |
| Water | 90.7 |
| Protein | 2.0 |
| Fat | 0.1 |
| Saturated fat | 0 |
| Carbohydrates | 3.8 |

| | |
|----------------|-----|
| Sugars | 3.8 |
| Fiber | 2.9 |
| Salt (mg) | 0 |
| Calcium (mg) | 57 |
| Iron (mg) | 0.8 |
| Vitamin A (µg) | 17 |
| Vitamin C (mg) | 31 |

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>

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|-----------------------------|---|
| INGREDIENTS | Savoy cabbage in MAP packaging: fresh Savoy cabbage with no flavouring or preservatives. |
| ORGANOLEPTIC PROPERTIES | Colour: green. Smell: characteristic sulphur smell. Consistency: compact, comparable to the fresh product. Flavour: comparable to the fresh product. |
| SHELF LIFE | Savoy cabbage in MAP packaging: product edible for up to 30 days. |
| PRODUCTION PROCESS | Specialty belonging to the V gamma. High-quality, carefully selected Savoy cabbage. The exclusive preparation and cooking process ensure that the organic and nutritional properties are maintained. The Savoy cabbage is processed completely in 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 | ≤ 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. |