



ANNA
TURA

alla
Griglia

COURGETTES

ACTIVE INGREDIENTS:

The courgette is the lowest-calories vegetable and one of the richest ones in water. It is also rich in Vitamins C and B9. Thanks to its high content of potassium and to its low content of sodium, the courgette has exceptional diuretic properties.

CHARACTERISTICS:

The Cucurbita spp belongs to the Solanaceae family. Species: Cucurbita pepo. There are many varieties of courgettes, whose colour can be a paler or a deeper green, with or without stripes; there are also yellow ones. Very easy to digest, courgettes are low-calories and detoxifying food; they help to cleanse the body.

DID YOU KNOW?

Hailing from Centre-North America (Mexico), the courgette is spread all over the world. In Europe, Italy is the greatest producer. The squash is a bushy plant, also known as «Italian courgette» or «Neapolitan cocuzzella». In Italy the courgette is cultivated in many regions: Sicily, Latium, Piedmont, Veneto, Apulia, Tuscany and Liguria. *The Guinness Book* has bestowed to Italy the record of the greatest courgette in the world, which was harvested near Ferrara.

ADVICE FROM THE CHEF:

*use them as an ingredient
to make a flavourful sweet
and sour vegetable caponata.
Enjoy your meal!!!*



COURGETTES
200 g



Produced by: ANNATURA srl

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



Specification / Grilled courgettes

Nutritional Values for 100 g of courgettes (grilled)	
CALORIES	46 kcal 194 kJoule
Edible part	100%
Water	84,2 g
Carbohydrates	5,1 g
Fat	1,1 g
Protein	3,2 g
Fiber	1,5 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	Courgettes 99%, sunflower oil, white vinegar.
ORGANOLEPTIC PROPERTIES	Colour: green, with pale stripes. 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 courgettes. The exclusive preparation and cooking process ensure that the organic and nutritional properties are maintained. The courgettes 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.