



ANNA
TURA

LA CONTADINA

This Soup is made with a combination of selected vegetables, cereals and legumes in an incredibly tasty mix. It is very practical, which makes it the perfect solution for anyone who wants to indulge in a tasty and nutritious dish without spending a lot of time preparing and cooking. All our soups – to which you only have to add water or broth – can be customised as desired!

ADVICE FROM THE CHEF:

mix in the vegetable preparation, cooked cereals and legumes with a mirepoix in a pot, then add water and bring to the boil. Once you have achieved the desired consistency, season with salt and a drizzle of oil, a sprinkle of pepper or to taste.

Buon appetito!!!



LA CONTADINA
300 g



8 054934 421396

Produced by: ANNATURA srl

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



Specification / La Contadina

Nutritional Values for 100 g	
ENERGY (calories)	101,3 kcal 426,4 kJ
Edible part	100%
Protein	2,1 g
Fat	0,7 g
Saturated fat	0 g
Carbohydrates	18,3 g
Sugars	3 g
Fiber	3,4 g
Salt	0,02 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	Spelt 30%, carrots 24%, vegetables in varying proportions 26% (Savoy cabbage, spinach), legumes 20% (chickpeas, cannellini beans).
ORGANOLEPTIC PROPERTIES	Colour: varied Smell: characteristic free from abnormal odours. Consistency: compact, comparable to the fresh product. Flavour: comparable to the fresh product.
SHELF LIFE	Spelt , vegetables, legumes in MAP: product edible for up to 30 days.
PRODUCTION PROCESS	Specialty belonging to the V gamma. High-quality, carefully selected product. The exclusive preparation and cooking process ensure that the organic and nutritional properties are maintained. The product 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	As is: upon opening the package, season as desired. This product is ready to be heated in a pot for 8 minutes or in a pressure cooker for 4 minutes (serves 2-3 people).
ORIGIN OF MAIN INGREDIENT	Italy and/or another EC country.
OTHER VEGETABLE MATERIAL	≤ 2%
ALLERGENS	The product contains GLUTEN 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.