



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



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Produced by: GESTIONE SERVIZI INTEGRATI 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	<b>Spelt</b> 30%, carrots 24%, vegetables in varying proportions 26% (savoy cabbage, spinach), legumes 20% (chickpeas, Cannellini beans).
ORGANOLEPTIC PROPERTIES	Colour: varied Odore: characteristic free from abnormal odours. Consistency: compact, comparable to the fresh product. Flavour: comparable to the fresh product.
SHELF LIFE	Spelt, legumes e vegetables in MAP: product edible for up to 30 days.(expiry date printed on package)
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 conforms to Dir. CE 2003/89 from 10-11-03 and successive amendments relating to allergens, and Regulation (UE) 1169/2011 and subsequent modifications and supplements. Any cross-contaminations are mentioned in the label.
PACKAGING	MAP product: PP-EVOH-PP TRANSPARENT PACKAGE AND ANTIFOG PLASTIC WRAP. Declaration of allowance to come in contact with food (D.M. 21/3/1973 e successive amendments). D.Lgs. 142/2006-art. 226 section 4; Reg. CEE 2004.1935 CEE; Dir. CEE 2002/72-CEE and successive amendments; Dir. CEE 1994/62 - CEE. Commission Regulation (EU) 2015/174 of 5 February 2015 amending and correcting Regulation (EU) No 10/2011.
MICROBIOLOGICAL INFORMATION	Listeria monocytogenes Absent UFC/25 in accordance with REGULATION (EC) n. 2073/2005 and subsequent modifications and supplements.