



# leNative broccoletti di Anguillara

The deliciousness of Broccoletti di Anguillara, which are similar to turnip greens, has been renowned since ancient times and is shrouded in almost mythical lore. However, according to Count Camille de Tournon, the prefect of the Tiber department in the early 19th century, the 'official' cultivation of this tasty vegetable likely began in the 15th century.

The Count was commissioned by Napoleon Bonaparte to undertake a comprehensive study of the economic and cultural aspects of the Anguillara Sabazia area. In his report, the Count praised the delectable flavour and nutritional value of the local Broccoletti.

Given that Broccoletti di Anguillara have a distinctive flavour and tenderness, the result of this area's specific microclimate – influenced by its location overlooking Lake Bracciano, its proximity to the sea and its volcanic origins – it is difficult to disagree with him on this point.

Their unique characteristics distinguish them from other varieties in the same family, making them a staple of the local gastronomic tradition. In fact, they have even been included on the List of Traditional Agri-Food Products, and a must-attend festival celebrating them is held every year between March and April: 'Broccoletti in piazza'.

## cuisine

Broccoletti are a particularly tasty and versatile ingredient, suitable for a variety of culinary uses, including as a simple and appetising side dish or as a flavourful accompaniment to first courses. Over the past few years, the *Crema di broccoletti di Anguillara Sabazia* has become increasingly popular, and a variety of options are now available: plain, with pumpkin, chilli pepper, garlic or anchovies. It is ideal for making first courses, delicious pizzas, rustic pies, crunchy 'crostini' bread appetisers and hearty omelettes.



BROCCOLETTI DI  
ANGUILLARA  
300 g



Produced by: ANNATURA srl

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

# Specification broccoletti di Anguillara

## Nutritional Values for 100 g of broccoletti di Anguillara

ENERGY (calories)	30 kcal 125 kJoule
Edible part	100%
Water	91.5 g
Carbohydrates	1.4 g
Fat	0.7 g
Protein	3.3 g
Fiber	2.4 g

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

Source: Gruppo Maurizi srl - Rome - Test Report no. 26B05735