



ANNA  
TURA

leNative

# carote dell'Altopiano del Fucino

The Altopiano del Fucino plateau is what gives Carote dell'Altopiano del Fucino their added value, which has earned them Protected Geographical Indication (PGI) status.

The Fucino plateau is located in the Marsica region in the province of L'Aquila, at an altitude between 650 and 680 metres above sea level. It is an endorheic plateau, meaning the area's waters naturally flow towards it with no outlet to the sea. It is also surrounded by the Vallelonga and Sirente-Velino mountain ranges.

The plateau's agricultural history dates back to the late 19th century, when Prince Alessandro Torlonia undertook the ambitious project of draining Lake Fucino, which was considered the third largest lake in Italy at the time.

This resulted in the formation of a fertile 13,000-hectare basin, characterised by a flat terrain and bordered by peaks

that reach altitudes of up to 2,500 metres. This area is defined as 'young', meaning it is highly productive and relatively unspoilt.

The soil's natural characteristics, combined with the region's favourable climate, contribute to the growth of vegetables with excellent organoleptic and nutritional properties, which are recognised and valued by consumers worldwide.

More specifically, the Carota dell'Altopiano del Fucino I.G.P. variety of carrot was first cultivated in this area in 1950. To be eligible for PGI status, the carrots must be cylindrical in shape with a rounded tip, and they must be free of root hairs. They must also be a deep orange colour throughout, including the shoulder, and meet specific nutritional and physical criteria.

## cuisine

The Carota dell'Altopiano del Fucino PGI variety of carrot is also widely used to make fruit juices.

It is a key ingredient in many recipes: it can be cut into strips, rounds or julienne, and added to salads. It also pairs particularly well with green herbs, tomatoes, radicchio, apples and oranges.

It is also excellent in purées and vegetable soups, as well as with roasts and savoury flans. It can be cooked in butter, olive oil or in a pan with broccoli.



CAROTE  
DELL'ALTOPIANO  
DEL FUCINO  
300 g



Produced by: ANNATURA srl

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

# Specification

## carote dell'Altopiano del Fucino

### Valori nutrizionali di 100 g carote dell'Altopiano del Fucino

ENERGY (calories)	47 kcal 196 kJoule
Edible part	100%
Water	88.5 g
Carbohydrates	8.7 g
Fat	0.2 g
Protein	1.3 g
Fiber	3.6 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	Carote dell'Altopiano del Fucino in MAP packaging: fresh carote dell'Altopiano del Fucino with no flavouring or preservatives.
ORGANOLEPTIC PROPERTIES	Colour: orange. Smell: characteristic. Consistency: compact, comparable to the fresh product. Flavour: comparable to the fresh product.
SHELF LIFE	Carote dell'Altopiano del Fucino in MAP packaging: product edible for up to 30 days (expiry date printed on package).
PRODUCTION PROCESS	Specialty belonging to the V gamma. High-quality, carefully selected carote dell'Altopiano del Fucino. The exclusive preparation and cooking process ensure that the organic and nutritional properties are maintained. Carote dell'Altopiano del Fucino 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	≤ 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.
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.