



ANNA
TURA

le Native kale

Historically known as 'the poor man's medicine', it has recently become extremely popular among Hollywood celebrities — a trend that contrasts sharply with its traditional reputation. This particular vegetable owes its revival to an Oregon farmer who began breeding more commercially appealing varieties in the 1980s. He eventually developed the renowned 'Winter Red' variety, as well as others in different colours. It is now thought to be the most widely consumed vegetable in New York. Chefs and restaurants specialising in

natural cooking are in fierce competition to come up with innovative recipes featuring this ingredient. It belongs to the Brassicaceae family and is a variety of Brassica oleracea. In Italy, it is commonly known as 'cavolo riccio' due to its distinctive curled leaves. It is widely cultivated in Puglia, where it is considered a traditional agri-food product. In international markets, it is better known by another name: kale, or 'curly kale'.

cuisine

Thanks to its versatility, Kale can be used to make tasty, detoxifying and healthy recipes. For instance, it can be added to cereal-based soups, but it also makes a great condiment for quick pasta dishes with garlic, olive oil, and chilli pepper.

When sautéed in a pan and served with meat or cheese, it makes an ideal side dish. Alternatively, it can be used to make savoury dishes such as healthy wholemeal pies, paired with ricotta cheese and pine nuts.



KALE
300 g



Produced by: ANNATURA srl
Establishment Via E. Amaldi, 12 - 00015 Monterotondo (Z.I.) Rome

Specification kale

Nutritional Values for 100 g of kale

ENERGY (calories)	38 kcal 158 kJoule
Edible part	100%
Water	89.5 g
Carbohydrates	3.7 g
Fat	0.8 g
Protein	2.6 g
Fiber	2.6 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	Kale in MAP packaging: fresh kale 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	Kale in MAP packaging: product edible for up to 30 days.
PRODUCTION PROCESS	Specialty belonging to the V gamma. High-quality, carefully selected kale. The exclusive preparation and cooking process ensure that the organic and nutritional properties are maintained. Kale is processed in entirely hygienically controlled areas, following the directions described in the HACCP self-check program applied to the place of production. Its 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.

Source: Gruppo Maurizi srl - Rome - Test Report no. 26B05732