



# leNative lenticchie dell'Altopiano di Colfiorito

If you've heard of the Altopiano di Colfiorito plateau in Umbria, you've probably also heard of its renowned Lentils, which have been officially designated a Traditional Local Product.

They are small and come in a variety of colours, ranging from pink to yellow and green. They are also very tasty and tender, making them a truly unique and remarkable ingredient.

The lentils grown on this plateau are highly prized not only for their delicious flavour, but also for their exceptional quality and nutritional value: they are a natural source of protein, fibre and minerals. But what makes them so special?

The answer lies in the land on which they are grown. The Colfiorito plateau, which is 781 metres above sea level, is located in Umbria and has been a protected regional park since 1995.

Its most notable feature is the high-altitude marsh, a rare habitat that has a significant impact on the valley's entire ecosystem. This 100-hectare marshland has been designated a Wetland of International Importance under the Ramsar Convention.

Thanks to its rich biodiversity, the area is home to hundreds of species of butterflies, fish, mammals, amphibians and reptiles, as well as over 150 species of bird, around a third of which are protected

## cuisine

**Lenticchie dell'Altopiano di Colfiorito are renowned for their exceptional health benefits and exquisite flavour: above all, their defining feature is resilience.**

**In fact, these lentils retain their skins when cooked, which makes them more nutritious and flavourful.**

**Thanks to their versatility and flavour, they can be cooked in countless ways, and their sweetish taste is sure to impress.**

**They are traditionally used to make fancy soups, as well as salads and broths. Thanks to their high protein content, they are also a great alternative to a main course. So why not try using them in meatballs, savoury flans or as a bruschetta topping?**



LENTICCHIE  
DELL'ALTOPIANO  
DI COLFIORITO  
250 g



Produced by: ANNATURA srl

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

# Specification lenticchie dell'Altopiano di Colfiorito

## Nutritional Values for 100 g of lenticchie dell'Altopiano di Colfiorito

ENERGY (calories)	118 kcal 496 kJoule
Edible part	100%
Water	67.5 g
Carbohydrates	14.4 g
Fat	0.8 g
Protein	9.8 g
Fiber	6.9 g

Facts established on the basis of data on the nutritional composition of foods taken from:

- Tables of chemical composition and energy value of food from the National Nutrition Institute, Rome;
- food composition tables from The German Research Institute on bromatological studies, Garching-Monaco in Bavaria.

INGREDIENTS	MAP lenticchie dell'Altopiano di Colfiorito: dried lenticchie dell'Altopiano di Colfiorito, water, no flavorings.
ORGANOLEPTIC PROPERTIES	Colour: characteristic. Smell: characteristic. Consistency: compact texture. Flavour: comparable to fresh.
SHELF LIFE	Lenticchie dell'Altopiano di Colfiorito au naturel in MAP packaging: product edible for up to 30 days. (expiration date printed on package)
PRODUCTION PROCESS	V range specialty food. Healthy, dry seed uniform in size. The exclusive preparation and cooking process allows the preservation of the organoleptic and nutritional properties. Lenticchie dell'Altopiano di Colfiorito are processed under the most hygienic-sanitary conditions according to the principles described in the HACCP plan applied to the production plant. 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	≤ 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. 26B05733