



leNative carciofo romanesco del Lazio

If you hear people talking about 'mammola' or 'cimarolo', you can be sure they are referring to the Carciofo romanesco del Lazio, which was awarded Protected Geographical Indication (PGI) status in 2002.

Its full, round shape and dark green colour with violet hues contribute to its unique appearance. The heart is the tastiest and most tender part, and even with simple seasoning, it has an unforgettable flavour.

It is grown exclusively in the Agro Pontino area, the Viterbo area and along the Roman coast, from Ladispoli to Montalto di Castro. This excellent product is renowned for its distinctive flavour, which can be attributed to the unique soil characteristics and specific sowing and harvesting methods. The annual artichoke festival in Ladispoli is an event that artichoke enthusiasts will not want to miss.

cuisine

We highly recommend trying it in the famous Roman recipe 'carciofi alla romana', seasoned with parsley and lesser calamint and served with lots of bread for mopping up the delicious sauce. You can also use it to make sauces for pasta, for example a variation on the classic 'gricia' recipe, or delicious fillings for rustic savoury pies.



CARCIOFO
ROMANESCO DEL
LAZIO
variable weight

Produced by: ANNATURA srl

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

Specification carciofo romanesco del Lazio

Nutritional Values for 100 g of carciofo romanesco del Lazio

ENERGY (calories)	28 kcal 117 kJoule
Edible part	100%
Water	89.6 g
Carbohydrates	1.4 g
Fat	0.3 g
Protein	2.9 g
Fiber	4.1 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	Carciofo romanesco del Lazio in MAP packaging: fresh carciofo romanesco del Lazio with no flavouring or preservatives.
ORGANOLEPTIC PROPERTIES	Colour: green-violet. Smell: characteristic. Consistency: compact, comparable to fresh product. Flavour: comparable to the fresh product.
SHELF LIFE	Carciofo romanesco del Lazio in MAP packaging: product edible for up to 30 days.
PRODUCTION PROCESS	Specialty belonging to the V gamma. High-quality, carefully selected carciofo romanesco del Lazio. The exclusive preparation and cooking process ensure that the organic and nutritional properties are maintained. Carciofo romanesco del Lazio is processed in entirely 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.

Source: Gruppo Maurizi srl - Rome - Test Report no. 26B05736