



ANNA  
TURA

## FENNEL

### ACTIVE INGREDIENTS:

The calorie content in fennel is very low. This vegetable is poor in fats and rich in fibres. Its head contains a good quantity of water, proteins and carbohydrates. Its main active ingredients are potassium, sodium, calcium and phosphorous, Vitamins A, B, C, D and E, and folic acid. Thanks to its high phytoestrogens content, fennel naturally balances female hormones levels and it helps to stimulate milk production during the breastfeeding phase, to reduce premenstrual troubles and to alleviate menopause symptoms. Eating fennel is also good for liver, as it helps your body to detox effectively and contributes to improve hepatic functions.

### CHARACTERISTICS:

The fennel, *Foeniculum vulgare* Mill., is a Mediterranean herbaceous plant of the Apiaceae family (Umbellifers), probably hailing from Asia Minor, but widespread throughout the Mediterranean area and already known by Egyptians, ancient Greeks and Arabs. The fennel characteristic aroma is due to its high content of anethole, an essence that is used to prepare liqueurs. It is important to distinguish the cultivated fennel from the wild one. The two varieties are members of the same family, but while the wild fennel grows spontaneously and is used as an aromatic plant, the cultivated or common fennel has an edible part, the head, that is the bottom of the leaves, which is characterised by a sweeter and less pungent flavour than the other one.

### DID YOU KNOW?

Its name derives from the Latin *foenum* (=hay), because it was used as fodder in the past. The second part of its scientific name, *vulgaris* (=common), means that it is an ordinary plant. We use to distinguish male from female fennel, which is not a scientific distinction, but it's based on its form: the male is rather round, while the female is more elongated.

The Italian expression «farsi infiocchiare» (literally: «to be "fellened"») derives from the innkeepers' practise of serving wedges of cultivated fennel to customers who wanted to buy wine. In fact, its head contains aromatic essences which are able to adulterate the flavour of the wine, so that even a shoddy wine will seem tasty after having eaten fennel.

### ADVICE FROM THE CHEF:

*The product, presented in convenient packs, can be consumed immediately upon opening the container: season it with extra virgin olive oil, salt, lemon or vinegar. As these vegetables are rather light, they are suitable for being enriched with more filling ingredients. One of the most traditional recipes is «fennels au gratin»: just sprinkle the fennels with grated Parmesan cheese, bread crumbs, salt and pepper, and put them in the oven. Buon appetito!!!*



FENNEL  
AU NATUREL  
300 g



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Produced by: GESTIONE SERVIZI INTEGRATI srl  
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## Specification / Fennel

Nutritional Values for 100 g of fennel (raw)	
CALORIES	9 kcal 36 kJoule
Edible part	59%
Water	93.2 g
Carbohydrates	1 g
Fat	Tr
Protein	1.2 g
Fiber	2.2 g

Nutritional Values for 100 g of fennel (cooked)	
CALORIES	25 kcal 104 kJoule
Edible part	100%
Water	80.1 g
Carbohydrates	1 g
Fat	Tr
Protein	3.5 g
Fiber	1.9 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	Fennel au naturel: fresh fennels with no flavouring, additives, preservatives, or protective gases. Fennels in MAP packaging: fresh fennels with no flavouring or preservatives.
ORGANOLEPTIC PROPERTIES	Colour: white. Smell: characteristic. Consistency: compact. Flavour: comparable to the fresh product.
SHELF LIFE	Fennels au naturel: product edible for up to 12 days. Fennels 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 fennels. The exclusive preparation and cooking process ensure that the organic and nutritional properties are maintained. The fennels are 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 consumed within 24-48 hours after opening. It is recommended to keep the product cold during the entire storage process.
PREPARATION	As the product is: after opening the package, season it as desired. Sautéed: pour the contents of the package into a pan and heat product over low heat for 2-4 min, then season as desired before serving. Microwave: after removing the plastic wrap, put the package directly into the microwave and heat on medium power (750W) for 2 min.
ORIGIN OF MAIN INGREDIENT	Italy and/or another EC country.
OTHER VEGETABLE MATERIAL	≤ 1%
ALLERGENS	The plain product does not contain allergens and conforms to Dir. CE 2003/89 from 10-11-03 and successive amendments relating to allergens and Regulation (UE) 1169/2011.
PACKAGING	Plain product: TRANSPARENT COPOLYMER POLYPROPYLENE AND ANTIFOG PLASTIC WRAP. MAP product: PP-EVOH-PP TRANSPARENT PACKAGE AND ANTIFOG PLASTIC WRAP. Declaration of allowance to come in contact with food (D.M. 21/3/1973 and successive amendments) D.Lgs. 142/2006-art. 226 section 4; Reg. CEE 2004.1935 CEE; Dir. CEE 2002/72-CEE and successive amendments; Dir. CEE 1994/62 - CEE Commission Regulation (EU) 2015/174 of 5 February 2015 amending and correcting Regulation (EU) No 10/2011.
MICROBIOLOGICAL INFORMATION	Listeria monocytogenes Absent UFC/25 in accordance with REGULATION (EC) n. 2073/2005.