



ANNA
TURA

KALE

ACTIVE INGREDIENTS:

This "Superfood" is rich in salutary nutrients: Vitamin A, which is a basic element for the immune system; Vitamin K and calcium, that are very helpful for keeping bones in good health; lutein, perfect for eyes wealth; Vitamin B and Vitamin C, two important antioxidants; fibre, protein and folic acid.

Very rich in mineral salts, Kale is a great ally against fatigue. It also has antidepressant properties, due to its richness in ALA (alpha-Linolenic Acid), sulforaphane and folates. It is a very low-calorie food.

CHARACTERISTICS:

Kale belongs to the family Brassicaceae (*Brassica oleracea*); in Apulia and elsewhere they commonly call it Curly Cabbage, due to the curly aspect of its leaves, but it is globally known as Kale, or Curly Kale.

It needs a moderately low weather; its harvest normally occurs in late autumn.

DID YOU KNOW?

In ancient times and in the Middle-Age, Kale was defined "the doctor of the poor". Today it is considered a "smart" food, thanks to its successful presence in the diets followed by Hollywood celebrities. Its renaissance is due to a farmer from Oregon who, during the Eighties, began to produce more commercially interesting varieties, and created the famous "winter red" and other shades of colours. Today, Kale is turning out to be the most popular vegetable in New York: chefs and amateurs of natural cooking compete in creating new recipes to propose it.

ADVICE FROM THE CHEF:

The product, presented in convenient packs, can be consumed immediately upon opening the container, and directly seasoned (or sautéed) with extra virgin olive oil, salt and pepper. A beans soup with Kale is perfect for winter dinners, and can be enriched with other seasonal vegetables.

Buon appetito!!!



KALE
AU NATUREL
300 g



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



Specification / Kale

Nutritional Values for 100 g of Kale (raw)	
CALORIES	35 kcal 146.44 kJoule
Edible part	93%
Water	89.6 g
Carbohydrates	4.4 g
Fat	1.5 g
Protein	2.9 g
Fiber	4.1 g

Nutritional Values for 100 g of Kale (cooked)	
CALORIES	23 kcal 95 kJoule
Edible part	100%
Water	92 g
Carbohydrates	2 g
Fat	0 g
Protein	2.5 g
Fiber	2.3 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	Plain Kale: fresh Kale with no flavouring, additives, preservatives, or protective gases. Kale in MAP packaging: fresh Kale with no flavouring, additives, preservatives.
ORGANOLEPTIC PROPERTIES	Colour: green. Smell: characteristic. Consistency: compact. Flavour: comparable to the fresh product.
SHELF LIFE	Plain Kale: product edible for up to 12 days. Kale 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 Kale. The exclusive preparation and cooking process ensure that the organic and nutritional properties are maintained. The Kale is 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 consumed within 24-48 hours 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. 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-II-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 e 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.