



ANNA
TURA

*alla
Griglia*

AUBERGINES

ACTIVE INGREDIENTS:

Aubergines nutritive value is quite low: poor in calories, fats, proteins and carbohydrates, they help keeping a low cholesterol amount in the blood. They are rich in water, potassium, Vitamins A and C, phosphorus, calcium and tannin, while they are very poor in sugars.

CHARACTERISTICS:

Aubergine (*Solanum melongena*) is a typical summer vegetable, in the Solanaceae family. It has a rigid stem of about 80 cm and lone flowers. Its fruits are spherical, oblong or oval violet berries. Aubergines can have different sizes, forms and colours, depending on their variety.

DID YOU KNOW?

Aubergine comes from warm Chinese and Indian regions; it was introduced in the Occident by Arabs in 1440, then Carmelites spread it over Europe. The Italian naturalist Giovanni Vittorio Soderini mentions aubergines in its *Treaty on the Cultivation of Vegetable Gardens* (1550). This vegetable had not immediate success (people even believed aubergine was able to cause lunacy). Today, Italy produces about three thousand tons of aubergines per year, especially in Sicily (30% of the national production). The most popular varieties are the White Eggplant from New York, the Chinese or Japanese Eggplant, and the Italian Eggplant.

ADVICE FROM THE CHEF:

*The product, presented in convenient packs, already grilled and dressed with sunflower oil, can be consumed immediately upon opening the package. You can serve it as appetizer, main course or side dish, by adding, if you like, some basil fresh leaves. You can prepare aubergines roulades, with ricotta or «stracchino» cheese, which is a good appetizer; as a main dish, you can serve them with plaice cubes.
Buon appetito!!!*



AUBERGINES
200 g



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



Specification / Grilled aubergines

| Nutritional Values for 100 g of aubergines (raw) | |
|--|----------------------|
| CALORIES | 18 kcal 74 kJoule |
| Edible part | 92% |
| Water | 92.7 g |
| Carbohydrates | 2.6 g |
| Fat | 0.4 g |
| Protein | 1.1 g |
| Fiber | 2.6 g |

| Nutritional Values for 100 g of aubergines (grilled) | |
|--|-----------------------|
| CALORIES | 63 kcal 263 kJoule |
| Edible part | 100% |
| Water | 86.4 g |
| Carbohydrates | 2.6 g |
| Fat | 5.4 g |
| Protein | 1.1 g |
| Fiber | 3.5 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 | Grilled aubergines sprinkled with sunflower oil and flavoured white vinegar. |
| ORGANOLEPTIC PROPERTIES | Colour: violet. Smell: characteristic. Consistency: compact. Flavour: good, flavoured. |
| SHELF LIFE | Product edible for up to 30 days (expiry date printed on package) |
| PRODUCTION PROCESS | High-quality, carefully selected aubergines. The exclusive preparation and cooking process ensure that the organic and nutritional properties are maintained. The aubergines 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 | The product, which has already been grilled and dressed, can be consumed as it is, or prepared following traditional recipes. |
| 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. Precautionary statements about cross-contamination are reported on the label. |
| PACKAGING | 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. |