



ANNA
TURA

*alla
Griglia*



PUMPKIN

ACTIVE INGREDIENTS:

Each season has its colours, and orange, the colour of the pumpkin, is typical of autumn. Orange is not just a beautiful colour, but also a useful pigment, for it is rich in carotenes – which help the production of Vitamin A – and has anti-oxidant and anti-inflammatory properties.

Pumpkin is a low-calories but very nutritious fruit: it contains water, minerals, vitamins, amino acids and a good quantity of fibres. It is known for having diuretic and relaxing effects, it is even a real ally against insomnia.

Nothing gets waisted in pumpkin: both its pulp and seeds are used in cooking and in natural cosmetic preparations.

CHARACTERISTICS:

The Pumpkin is one of the many species belonging to Cucurbitaceae family. In Italy the most commons are Cucurbita Maxima and Cucurbita Moschata.

It is usually round and a little squashed, and it has deep orange ribs. Its pulp has a very characteristic sweet taste. It springs from August to February.

DID YOU KNOW?

Pumpkin hails from North America: it was imported in Europe in the Seventeenth Century by the English colons. It is the most important ingredient of the Pumpkin Pie, the traditional North-American Thanksgiving cake, and it is frequently carved to jack-o'-lanterns for Halloween decorations. In the U.S.A., this fruit is also the object of a competitive activity, the pumpkin chunking, in which gamers use some kind of catapult to throw pumpkins as far as possible.

ADVICE FROM THE CHEF:

The product, presented in convenient packs, can be consumed immediately upon opening the package, or used to prepare risottos, timbales and raviolis. Grilled pumpkin can be served as a side dish to combine to meat, fish, crustaceans and polenta.

Buon appetito!!!



PUMPKIN
200 g



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



Specification / Grilled Pumpkin

Nutritional Values for 100 g of Pumpkin (raw)	
CALORIES	18 kcal 75 kJoule
Edible part	81%
Water	94.6%
Carbohydrates	3.5 g
Fat	0.1 g
Protein	1.1 g
Fiber	0 g

Nutritional Values for 100 g of Pumpkin (grilled)	
CALORIES	41 kcal 172 kJoule
Edible part	100%
Water	84.3%
Carbohydrates	5 g
Fat	1.4 g
Protein	1.7 g
Fiber	0.9 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.

LAB ANALYSIS N. 1004-L.

INGREDIENTS	Grilled Pumpkin sprinkled with sunflower oil and flavoured white vinegar.
ORGANOLEPTIC PROPERTIES	Colour: orange. 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 Pumpkin. The exclusive preparation and cooking process ensure that the organic and nutritional properties are maintained. The Pumpkin 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 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.