



ANNA
TURA

alla
Griglia



CAPSICUM

ACTIVE INGREDIENTS:

Thanks to its exceptional Vitamin C content, the capsicum has precious functions for nutrition and health. Many studies focused on its potential anticancer effects. Capsicum extracts can limit the formation or the action of some carcinogenic compounds (such as nitrosamines). This power could be due to its high antioxidants content (especially Vitamin C and carotenoids), but scientist are still researching in order to exactly individuate its active elements and to understand their mechanisms.

CHARACTERISTICS:

The Capsicum annum L. belongs to the Solanaceae family. In the Mediterranean area it is an annual plant, while in the warmer climate of South America, where it comes from, it is perennial. Hailing from Mexico, today it is cultivated all over the world. Its plant is a bush which can reach 40 to 80 cm, depending on species; its leaves are pale green, its flowers have a white corolla of 5 to 7 petals with yellowish stamina. Its fruits consist in plump berries which can be pendulous or erect, depending on cultivations. The capsicum is green when budding, then its colour can change to red or yellow, depending on its physiological maturation.

DID YOU KNOW?

The capsicum was imported in Europe by Christopher Columbus when he came back from his very first travel. As a matter of fact, the great Genoese seafarer believed he had arrived at Indies, where he especially wanted to look for precious spices: the hot flavour of the capsicum struck him and he thought it was a red variety of pepper. That's why the capsicum fruit is also called «pepper».

ADVICE FROM THE CHEF:

*The product, presented in convenient packs, already grilled and dressed with sunflower oil and lemon juice, can be consumed immediately upon opening the package. Grilled capsicum is an excellent side-dish which can be eaten as finger-food, without heating it up, especially in summer. You can also prepare roulades of capsicum, ricotta and olives, or serve it in salads, by adding caper bushes, tomatoes and black olives, with some sprinkles of oregano and parsley.
Buon appetito!!!*



CAPSICUM
200 g



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



Specification / Grilled capsicum

Nutritional Values for 100 g of capsicum (raw)	
CALORIES	22 kcal 92 kJoule
Edible part	82%
Water	92.3 g
Carbohydrates	4.2 g
Fat	0.3 g
Protein	0.9 g
Fiber	1.9 g

Nutritional Values for 100 g of capsicum (grilled)	
CALORIES	55 kcal 230 kJoule
Edible part	100%
Water	92.4 g
Carbohydrates	8.3 g
Fat	0 g
Protein	2.1 g
Fiber	2.5 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 capsicum sprinkled with sunflower oil and lemon juice.
ORGANOLEPTIC PROPERTIES	Colour: yellow, red, depending on the variety of the capsicum. 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 capsicum fruits. The exclusive preparation and cooking process ensure that the organic and nutritional properties are maintained. The capsicum 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.