



LEGUMES

The real face
of nature is organic



BEANS

The bean (*Phaseolus vulgaris*) is a dwarf or climbing plant belonging to the legume family; it has subtropical origins and is suited for warm climate. Its fruit contains seeds, which are the edible parts of this plant.

Among the many varieties on the market, we can mention the Borlotto di Vigevano, the Cannellino (or white Italian kidney bean), the Valsesia bean, the Metis, the Quarantino and the King of Belgium bean.

Beans are rich in vitamins, mineral salts and cellulose, and have a high proteins content. Bean proteins can be a good food alternative to animal-derived proteins.

This legume also contains some amino acids which are absent in cereals; that's why it is highly recommended to integrate beans and cereals in soups and courses.

CHICKPEAS

Chickpeas are legumes of the Papilionaceae family. They are rich in important nutritive elements such as calcium, potassium, phosphorus, proteins, iron, sodium and magnesium. They are also rich in fibres, which are essential to improve good intestinal functions and to keep low levels of blood sugar and cholesterol. Thanks to their percentage of linoleic acid, chickpeas can be considered an excellent source of good fats. They are very rich in amid and contain a good quantity of mineral salts, fibres and Vitamin A and C, in addition to saponins, which are useful for lowering cholesterol in intestines.

LENTILS

Lentils are vegetal species of the genus *Lens*. They are also known as the «poor man's meat». They are considered legumes with an

excellent nutritive value because of their high proteins content (richer than in any other member of Leguminosae). Among their main nutritive elements: potassium, phosphorus, fibres and B-group Vitamins.

The *Lesn esculenta* is probably the best-known species, and it furnishes the seeds we find on our tables.

Lentils are planted in the spring and harvested throughout June and July.

Plants are left to dry under the sun for a few days; then they are threshed and the seeds harvest can finally begin.

Italian varieties are very appreciated; among the best-known, we can mention green Altamura lentils, Villalba lentils, Colforito lentils, Fucino lentils and Mormanno lentils. The most important Italian lentils plantations are in the Abruzzi, in Campania, in Latium and in Umbria.

ADVICE FROM THE CHEF:

The product, presented in convenient packs, can be consumed immediately upon opening the container. Just season it with extra virgin olive oil and salt, and you will have a tasty "one-course meal". According to the food pyramid proposed by the Mediterranean diet, adults should consume legumes twice a week. Our product will allow you to easily prepare salads, soups, minestrone soups, or creams such as hummus.

Buon appetito!!!



CHICKPEAS
AU NATUREL
250 g



8 054934 420818

BORLOTTI BEANS
AU NATUREL
250 g



8 054934 420825

CANNELLINI BEANS
AU NATUREL
250 g



8 054934 420832

LENTILS
AU NATUREL
250 g



8 054934 420849



Produced by: GESTIONE SERVIZI INTEGRATI srl
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Specification / Legumes

Nutritional Values for 100 g of dried chickpeas, boiled	
CALORIES	120 kcal 504 kJoule
Edible part	100%
Water	63,6 g
Carbohydrates	18,9 g
Fat	2,4 g
Protein	7,0 g
Fiber	5,8 g

Nutritional Values for 100 g of dried borlotti beans, boiled	
CALORIES	93 kcal 388 kJoule
Edible part	100%
Water	70,0 g
Carbohydrates	16,4 g
Fat	0,7 g
Protein	9,01 g
Fiber	6,9 g

Nutritional Values for 100 g of dried cannellini beans, boiled	
CALORIES	91 kcal 380 kJoule
Edible part	100%
Water	70,0 g
Carbohydrates	14,9 g
Fat	0,62 g
Protein	8,23 g
Fiber	7,8 g

Nutritional Values for 100 g of dried lentils, boiled	
CALORIES	92 kcal 386 kJoule
Edible part	100%
Water	69,7 g
Carbohydrates	16,3 g
Fat	0,4 g
Protein	6,9 g
Fiber	8,3 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	Chickpeas in MAP: dried chickpeas, water, with no flavouring. Borlotti beans in MAP: dried borlotti beans, water, with no flavouring. Cannellini beans in MAP: dried cannellini beans, water, with no flavouring. Lentils in MAP: dried lentils, water, with no flavouring.
ORGANOLEPTIC PROPERTIES	Colour: typical legume colour. Smell: typical legume smell. Consistency: compact. Flavour: comparable to the product as it is.
SHELF LIFE	Legumes au naturel 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 legumes. The exclusive preparation and cooking process ensure that the organic and nutritional properties are maintained. The legumes 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.
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. Commission Regulation (EC) No 889/2008 of 5 September 2008 laying down detailed rules for the implementation of Council Regulation (EC) No 834/2007 on organic production and labeling of organic products with regard to organic production, labeling and control.
MICROBIOLOGICAL INFORMATION	Listeria monocytogenes Absent UFC/25 in accordance with REGULATION (EC) n. 2073/2005.