



LENA
TURE
BIO

SPINACH

The real face
of nature is organic.



ACTIVE INGREDIENTS:

Spinach is rich in water (over 90%), and for this reason is low in calories. It is rich in three very important Vitamins: Vitamins A, C and B9. It contains iron which, even though it is not completely absorbed, along with other vegetables covers 75% of daily need. Spinach also contains calcium and magnesium.

CHARACTERISTICS:

Spinach is an herbaceous plant with an annual cycle. Today it is cultivated in particular in the following Italian regions: Tuscany, Lazio, Campania, Marche, Veneto, Piedmont and Apulia. Spinach is a real nutritional treasure offered by the vegetable world in Europe.

DID YOU KNOW?

When Catherine de Medici left Florence to marry Henri de Valois, the future king of France, she brought along some cooks able to cook spinach, her favorite vegetable. Since then, in classic French cooking dishes are called "à la florentine", when they are characterized by having spinach as a side dish.

ADVICE FROM THE CHEF:

The product, cooked simply and conserved in convenient packages, can be immediately eaten upon opening the package, dressed with extra virgin olive oil, salt and lemon; or else sautéed with butter and parmesan.

Buon appetito!!!



SPINACH
AU NATUREL
250 g



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



Specification / Spinach

Nutritional Values for 100 g of spinach (raw)	
CALORIES	31 kcal 129 kJoule
Edible part	83%
Water	90.1 g
Carbohydrates	2.9 g
Fat	0.7 g
Protein	3.4 g
Fiber	1.9 g

Nutritional Values for 100 g of spinach (cooked)	
CALORIES	63 kcal 264 kJoule
Edible part	100%
Water	92.8 g
Carbohydrates	7 g
Fat	1.3 g
Protein	6.3 g
Fiber	2.6 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 spinach: fresh spinach with no flavoring, additives or preservatives, protective gases. MAP spinach: fresh or frozen spinach with no flavoring, additives or preservatives.
ORGANOLEPTIC PROPERTIES	Color: green. Smell: characteristic. Consistency: compacted compared to fresh product. Flavor: comparable to fresh product.
SHELF LIFE	Plain spinach: product edible for up to 12 days. MAP spinach: product edible for up to 30 days. (expiry date printed on package)
PRODUCTION PROCESS	Specialty belonging to the V gamma. High-quality, carefully selected spinach. The exclusive preparation and cooking process ensures that the organic and nutritional properties are maintained. The spinach is processed completely in hygienically controlled areas, following the directions described in the HACCP self-check program which is 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	≤ 2%
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. The product obtained from frozen ingredients may contain allergens and if so it is indicated on packaging.
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. 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.