



ANNA  
TURA

# B L A C K C A B B A G E

## ACTIVE INGREDIENTS:

Black cabbage is a very low-calorie, fibre-rich winter vegetable that is not widely known compared to many other vegetables. One very important property of black cabbage is its high level of two essential fatty acids with important antioxidant properties: Omega-3 and Omega-6. These must necessarily be consumed as part of our diet since our body is not able to produce them itself.

Black cabbage also contains other antioxidants such as beta-carotene, polyphenols, and flavonoids, which help to contrast the oxidising effects of free radicals, and are thus beneficial on a cellular level. Moreover, black cabbage is rich in lutein and beta-carotene, which are beneficial for eye health. Recent studies have shown that these carotenoids can improve night vision and

fight cataracts. Black cabbage also contains significant amounts of calcium, iron, magnesium, and zinc, as well as Vitamins A and C. The Vitamin K levels present in black cabbage far exceed the daily recommended amounts.

## CHARACTERISTICS:

Black cabbage (*Brassica oleracea* L. var *acephala sabellica*) has thick, ribbed leaves that seem as if they are covered in boils. The colour of the leaves is dark green with hints of blue, whereas the edge of the leaves can be either smooth or curled, depending on the variety. The central part of the Black cabbage plant, which is white, is not very tasty, whereas the bumpy leaves have a strong flavour that is sweeter than other varieties of cabbage. Black cabbage is one of the oldest vegetables in the cabbage family.

## DID YOU KNOW?

For the Medici family, a steaming bowl of ribollita soup was a sign of special consideration. Legend has it, in fact, that important guests were welcomed to court with this typical, black cabbage based dish. The green colour of this vegetable is so dark that it nearly seems black. It is a variety of *Brassica oleracea* whose leaves grow vertically. For this reason, in Italy it is also known as "pen cabbage", whereas abroad it is referred to as "Tuscan cabbage". In the kitchen, it is often used either creamed, in the classic ribollita soup, and in risottos, although it is also delicious when simply steamed or else made into a juice to be drunk before lunch or dinner as a kind of snack. Black cabbage is a descendent of wild cabbage, a plant originating in Asia Minor that was introduced into Europe around 600 B.C. by Celtic nomads. Since the 18<sup>th</sup> century, this variety of cabbage has been cultivated predominantly in the Italian region of Tuscany.

## ADVICE FROM THE CHEF:

*The product, which is conveniently packaged, can be eaten immediately upon opening the container, dressing it with extra virgin olive oil and garlic. It is a typical ingredient in a traditional Tuscan soup called ribollita, and it is wonderful in any kind of soup. Black cabbage is often served with beans, and in Tuscany another typical way to serve it is on toast.*

*Buon appetito!!!*



BLACK CABBAGE  
AU NATUREL  
300 g



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



## Specification / Black cabbage

Nutritional Values for 100 g of black cabbage (raw)	
CALORIES	27 kcal 113 kJoule
Edible part	90%
Water	90.5 g
Carbohydrates	2.4 g
Fat	0.2 g
Protein	3.2 g
Fiber	2.4 g

Nutritional Values for 100 g of black cabbage (cooked)	
CALORIES	49 kcal 205 kJoule
Edible part	100%
Water	84.1 g
Carbohydrates	8.7 g
Fat	0.9 g
Protein	4.3 g
Fiber	3.6 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 black cabbage: black cabbage with no flavouring, additives, or preservatives, protective gases. Black cabbage in MAP packaging: black cabbage with no flavouring or preservatives.
ORGANOLEPTIC PROPERTIES	Colour: very dark green. Smell: characteristic. Consistency: compact, comparable to the fresh product. Flavour: comparable to the fresh product.
SHELF LIFE	Plain black cabbage: product edible for up to 12 days. Black cabbage 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 black cabbage. The exclusive preparation and cooking process ensure that the organic and nutritional properties are maintained. The black cabbage is processed completely in 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	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.
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.
MICROBIOLOGICAL INFORMATION	Listeria monocytogenes Absent UFC/25 in accordance with REGULATION (EC) n. 2073/2005.