



ANNA  
TURA

## FRIARIELLI

### ACTIVE INGREDIENTS:

The calcium content in Friarielli (260 mg for 100 gr) is higher than in milk and in any other food. Their most important element is potassium, but they are also highly rich in magnesium, iron and many vitamins (especially Vitamin C, Vitamin B2 and Vitamin A), in addition to a good quantity of proteins. As a matter of fact, turnip tops can be a good substitute for meat. Furthermore, they are very low in calories.

### CHARACTERISTICS:

Friarielli, a kind of turnip tops (*Brassica rapa* L. subsp. *sylvestris*), are typical Italian vegetables. There are many varieties of turnip tops, depending on the place where they are cultivated. The Neapolitan turnip stems, for example, are more tender

than the ones which can be found in Bari. In Campania there are the so-called friarielli, a special variety of newborn broccoli which are smaller, softer and a little bitter. They are very similar to broccoli rabe and are typical of Neapolitan and Roman cuisine (in Rome, they are called broccoletti).

They are also consumed, with different names (i.e. rapini, broccoletti, broccoli di rape, cime di rapa), in other Italian regions, as well as in Galicia, Portugal (grelas) or in the Chinese cuisine. Friarielli are chiefly cultivated in Campania inland areas and, less abundantly, in the Apennine band (Avellino and Benevento districts), in the countryside between Nocera and Sarno, and in the Sele valley. The right period to get the best friarielli in the marketplace is from late autumn to the beginning of spring.

### DID YOU KNOW?

The name friariello could derive from the Castilian frio-grelas, that is winter broccoli rabe. But this name could also come from frijere, the Neapolitan version of the verb friggere («to fry»). In the past, these vegetables were also cultivated in the very town of Naples, particularly on the Vomero hill, which was known as «o' colle de' friarielle» («the friarielli hill»).

### ADVICE FROM THE CHEF:

*The product, presented in convenient packs, simply cooked and preserved au naturel, can be consumed immediately upon opening the container, and sautéed with extra virgin olive oil, salt, garlic and chilli pepper. The most famous dish par excellence is «pizza sausage and friarielli». They are exquisite when used as ingredients of timballi and focacce, and, most of all, as a side dish. Some use to season friarielli as a salad, that is with lemon juice after having simply boiled them. Buon appetito!!!*



FRIARIELLI  
(TURNIP TOPS)  
AU NATUREL  
300 g



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Produced by: GESTIONE SERVIZI INTEGRATI srl  
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## Specification / Friarielli

### Nutritional Values for 100 g of friarielli

ENERGY (calories)	29 kcal / 122 kJ
Edible part	100
Water	90.9
Protein	3.1
Fat	0.3
Saturated fat	0
Carbohydrates	2.1

Sugars	2.1
Fiber	3.1
Salt (mg)	6
Calcium (mg)	92
Iron (mg)	1.1
Vitamin A (µg)	203
Vitamin C (mg)	72

Processing performed on food nutrient composition data originating from:

CREA  
Centro di ricerca Alimenti e Nutrizione

Web page:  
<https://www.crea.gov.it/alimenti-e-nutrizione>

Web page:  
<https://www.alimentinutrizione.it>

INGREDIENTS	Plain friarielli: fresh turnip tops with no flavouring, additives, preservatives, or protective gases. Friarielli in MAP packaging: fresh turnip tops with no flavouring, additives, preservatives.
ORGANOLEPTIC PROPERTIES	Colour: green. Smell: characteristic. Consistency: compact, comparable to the fresh product. Flavour: comparable to the fresh product.
SHELF LIFE	Plain friarielli: product edible for up to 12 days. Friarielli 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 turnip tops. The exclusive preparation and cooking process ensure that the organic and nutritional properties are maintained. The turnip tops are processed in entirely hygienically controlled areas, following the directions described in the HACCP self-check program applied to the place of production. Its 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 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	≤ 2%
ALLERGENS	The 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 and subsequent modifications and supplements. Any cross-contaminations are mentioned in the label.
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.
MICROBIOLOGICAL INFORMATION	Listeria monocytogenes Absent UFC/25 in accordance with REGULATION (EC) n. 2073/2005 and subsequent modifications and supplements.