

DATA SHEET

RIBOLLITA SOUP

INGREDIENTS:

CABBAGE
WATER
BEANS
EXTRA VIRGIN OLIVE OIL
CARROTS
RED ONION
CELERY
BLACK CABBAGE
TOMATO PULP
GARLIC
SALT
BLACK PEPPER
CHILLI PEPPER

COOKING PROCEDURE:

WE COOK THE VEGETABLES (CABBAGE, ONIONS, CELERY, CARROTS, AND GARLIC) WITH EXTRA VIRGIN OLIVE OIL FOR ONE HOUR. THEN WE ADD THE BEANS PREVIOUSLY COOKED THE BLACK CABBAGE AND THE TOMATO PULP, SALT, PEPPER, WE COOKING EVERITHING FOR ANOTHER 2 HOURS. WE THEN PUT THE RIBOLLITA SOUP IN GLASS JARS AND WE STERILIZE IN AN AUTOCLAVE. SHELF LIFE 24 MONTHS. IT DOES NOT CONTAIN PRESERVATIVES AND COLOURINGS.

THE HIGHLIGHTS INGREDIENTS CAN CAUSE ALLERGIES AND INTOLERANCES

IT CAN CONTAIN TRACES OF FISH OR MILK.

**Average nutritional values per 100 g of product: Energy 282 kj (67 kcal)
Fat 4.6 g (of which saturated fatty acids 0.6 g) - Carbohydrates 4.5 g
(Of which sugars 0.9 g) - Proteins g - Salt 0.74 g**