Curly kale, 450g

coarsely chopped Demeter kale. Easy to portion

article number	barcode (item)	barcode (packaging)	eco-ID
230407	4 026813 000118	4 026813 001092	113822

Brand
Naturalcool

Quality
demeter, EU organic logo, EU agriculture

Control Authority
NL-BIO-01 | SKAL

Marketing text
Just like our vegetables, some talents reveal themselves very early on. In biodynamic farming, the process begins with carefully selected, homegrown seeds. Demeter farmers use traditional knowledge and natural methods to grow robust and distinctive vegetables that thrive in harmony with nature. Naturalcool then brings these vegetables, of the very best Demeter and organic quality, straight to your kitchen. They are harvested at the optimum stage of ripeness, gently processed, and individually deep-frozen. This preserves their authentic flavour, natural vitality, and high nutrient and vitamin content as well as possible, all year round.
JUST EAT BETTER and discover the power of nature in every bite.

Particularities
Roughly cut, easy to portion and of the very best Demeter quality.

Short description
Coarsely chopped kale, Demeter-certified. Easy to portion.

Usage instructions
Serves 4 (approx. 2 portions): In a saucepan: Sauté finely chopped onions in vegetable oil or lard until translucent. Add the frozen kale and heat, stirring continuously. Pour in a little stock (approx. 125 ml), bring to the boil and, stirring frequently,
cook for approx. 50–60 minutes over a low heat in a covered pan. Season to taste with salt, pepper and nutmeg.
Tip: for a quicker preparation, we recommend using a pressure cooker for approx. 10–15 minutes.

Consumer storage instructions supplement
Store at -18°C. Once defrosted do not refreeze.

Preparation instructions
for 2 persons (450 g): Pot: stew
chopped onions in hot oil and add the frozen curly kale. Fill up with 1/8 litre stock, boil it up and cook it in low heat for about 50-60 minutes in a closed pan, among occasionally stirring. Season to taste with salt, pepper and nutmeg.
Microwave (700 Watt capacity): heat the frozen curly kale with a bit of water in a covered microwave dish for approximately 6 minutes. Season after taste with salt, lard and chopped onions. After this, cook it about 3 minutes among occasionally stirring to the end.

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Ingredients

Curly kale** (coarsely chopped and formed in portions)

***= ingredients from biodynamic cultivation*

Other characteristics

yes: vegan, vegetarian

Basic product data

Basic product data

Article Identification	Product name medium version	Curly kale
Article Identification	Article number piece	230407
Filling quantities / weights	Content	450
	Unit	g
Main features	Legal product category	Food

Quality, control, labels

Quality

Details of organic products	Organic product	yes
Organic labels or other qualities	Official organic labels	EU organic logo
	Place of farming code of the EU label	EU agriculture
	Organic standard	demeter
Organic control	Organic certification body	NL-BIO-01

Designations, origin, ingredients

Names

Product names	Product name long	Curly kale
Advertising and search terms	Marketing message short	coarsely chopped Demeter kale. Easy to portion

Origin

Origin	Origin	Netherlands (NL)
	Changing countries of origin	yes
	Origin of the raw materials	Netherlands, Germany
	Country of final processing	Netherlands
	Country of packing	Netherlands

Ingredients & composition

Legends and further information on ingredients	Footnote	yes, print footnote

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Legal information

Legal information

Additives, declaration obligatory	Do not refreeze after defrosting
Compulsory additive label information	Legal demands: The product meets the requirements of EC Directives and the following. Fully accepted organic product according to applicable EU Organic Regulation. GMO: The products do not contain genetically modified raw materials or genetically modified organisms since it is processed according to applicable EU Organic Regulation. Unintentional genetic modifications that enter the food in traces during cultivation, production, placing on the market or handling are not taken into account. Therefore it is not mandatory to label the products according the Council Regulation (EC) No 1829/2003 and (EC) No 1830/2003.
Legal designation of the product	Curly kale, coarsely chopped and formed in portions, deep-frozen

Distributor / food business operator

Distributor

Adress of distributor	Demeter-Felderzeugnisse GmbH, Neue Bergstraße 13, D-64665 Alsbach; tk.produktmanagement@felderzeugnisse.de
E-Mail of distributor	tk.produktmanagement@felderzeugnisse.de

Nutritional values, vitamins, trace elements

Nutritional values and analyses

General information on nutritional values & analysis results

Determining the nutritional values by	calculation

Nutritional values & analysis results related to 100 g

Energy in kJ / 100 g or 100 ml	183 kJ / 44 kcal
Fat	0,9 g
of which saturates	0,1 g
Carbohydrates	2,5 g
of which sugars	2,5 g
Fibre	4,2 g
Protein	4,3 g
Salt	0,1 g

Product group specific data

Specifications

Information on processing and yield

Preservation	frozen

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Information on handling

Preparation type	Cooking pot
Weight of piece	ca. 20g

Sensory properties

Sensory, texture

Taste	typical, no off flavours
Odour	fresh
Consistency	firm an not unsubstantial

Logistics

Logistics consumer unit

Dimensions and weights of the consumer unit

Net weight in kg	0,45 kg

Packaging and other characteristics of the consumer unit

Sales designation of piece	folding carton
Packaging material	cardboard, PE