



# Curly kale, 450g

*coarsely chopped and formed in portions*



<b>article number</b> 230407	<b>barcode (item)</b>  4 026813 000118	<b>barcode (packaging)</b>  4 026813 001092	<b>eco-ID</b> 113822	
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## Brand

Natural Cool

## Quality

demeter, EU organic logo, EU agriculture

## Marketing text

Curly kale (coarsely chopped and formed in portions) from organic agriculture (biodynamic).

## 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.

## Origin

Netherlands (NL)

## Origin of the raw materials

Netherlands, Germany

## Country of packing

Netherlands

## Ingredients

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

\*\*= ingredients from biodynamic cultivation

## other allergy and dietary notes

vegan ✓ vegetarian ✓

## category-specific information

Legal product category..... food  
Preparation type..... Cooking pot  
Weight of piece..... ca. 20g





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## Quality

Organic product ..... yes  
 Official organic labels ..... EU organic logo  
 Organic certification body ..... NL-BIO-01

## Further legal information

Additives, declaration obligatory ..... Contains no declaration obligatory additives

## Compulsory label information

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 to the Council Regulation (EC) No 1829/2003 and (EC) No 1830/2003.

## Legal information

Legal designation of the product ..... Curly kale, coarsely chopped and formed in portions  
 Address of distributor ..... Demeter-Felderzeugnisse GmbH, Neue Bergstraße 13, D-64665 Alsbach

## nutritional values & analytical results per 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  
 Determining the nutritional values by ..... calculation  
 Salt ..... 0,1 g

## dimensions and weights of the consumer unit

Net weight in kg ..... 0,45 kg

## information on consumer unit

Sales designation of piece ..... folding carton  
 Packaging material ..... cardboard, PE

## aroma, consistency

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