



Ficacci

# 100615 - Grandma's Asparagus

Try Grandma Ficacci's asparagus recipe - it's versatile and can be used as a side or in main dishes. The ingredients include asparagus, garlic, parsley, and more. Plus, asparagus has health benefits like promoting regular bowel function.



## Nutrition Facts

Servings per Container 7  
Serving size 30.0g (30g)

Amount per serving  
**Calories 66**

	% Daily Value*
<b>Total Fat</b> 6.3g	<b>8%</b>
Saturated Fat 1.2g	<b>6%</b>
Trans Fat	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 32.7mg	<b>1%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0.5g	<b>2%</b>
Total Sugars 0.6g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 1.4g	
Vitamin D 0mcg	<b>0%</b>
Calcium 11.4mg	<b>1%</b>
Iron 0.6mg	<b>3%</b>
Potassium 142mg	<b>3%</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### \* Benefits

Are you a fan of asparagus? If so, you must try Grandma Ficacci's recipe! Her asparagus is truly exceptional and can be used as a side dish or as an ingredient in meat or fish pasta dishes. The ingredients used in this recipe are asparagus, sunflower oil, wine vinegar, salt, garlic, parsley, and spicy pepper. Interestingly, asparagus is known to be helpful against water retention as it stimulates diuresis and promotes regular bowel function due to its fiber content.

### Ingredients

Asparagus, sunflower oil, wine vinegar, salt, garlic, parsley, spicy pepper, antioxidant ascorbic acid, acidity regulator citric acid.

### Allergens

#### Free From:

- crustaceans
- eggs
- fish
- milk
- peanuts
- soy
- tree nuts
- wheat

### Handling Suggestions

Storing it at room temperature and away from any light sources is recommended for optimal results.

### Serving Suggestions

To enjoy Grandma Ficacci's asparagus, open the container and drain the oil. You can keep the oil to reuse it later, in case you don't finish the product to cover and store it. Serve Grandma Ficacci's asparagus in a bowl for easy eating.

### Prep & Cooking Suggestions

These Grandma Ficacci's asparagus are ready to be consumed. Simply open and enjoy them at your desired event.

### Product Specifications

Brand	Manufacturer	Product Category
Ficacci	Romeo Ficacci S.R.L.	

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
8005675015849	VSASNO290	100615	18005675015846		6/10.2 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
7.6lb	3.83lb	Italy	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
9in	5.9in	3.7in	0.11ft3	30x12	702days	60°F / 77°F



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## Nutrition Analysis - By Measure

Calories	66	Total Fat	6.3g	Sodium	32.7mg
Protein	1.4	Trans Fats		Calcium	11.4mg
Total Carbohydrates...	1g	Saturated Fat	1.2g	Iron	0.6mg
Sugars	0.6g	Added Sugars	0g	Potassium	142mg
Dietary Fiber	0.5g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

## Additional Images

