

# Gluten-free “bread”!



## Chestnuts

Chestnuts are precious both for the beauty of their trees, belonging to the Fagaceae family and very common in Southern Europe, and in Italy in particular, and for their properties and qualities. Within a large brown and sturdy skin, there is an extraordinarily rich pulp. The best Italian chestnuts are cultivated in six places. In particular: Cuneo (Piemonte), Combai (Veneto), Marradi (Tuscany), Vallerano (Lazio), Montella (Campania, Avellino area), Roccapide (Campania, Cilento area). There are many chestnut trees and chestnut varieties. These varieties depend mostly on the places where they are cultivated.

Since chestnut contain a lot less water compared to other fruits, and since they are full of carbohydrates, they are an excellent replacement for bread, pasta and flour. Chestnut are ideal for people suffering from celiac disease, since they are gluten free.

An oddity...

We often think that “chestnut” and “marrone” are synonyms, but it isn’t so. Chestnuts come from wild trees, while marroni come from cultivated and grafted trees.

**SEASONALITY: OCTOBER-END OF DECEMBER**

National and EU imported.



**Ortofrutta Castello S.r.l.**

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## Chestnut pallet composition

Net bag/bulk weight	Packaging: no. pcs/pack	Packaging	Indicative weight Kg/pack	no. packs/pallet EURO 80x120	no. packs/pallet INDUSTRIAL 100x120
0,75 KG	N. 8	CART. 30x40x16 o CPR 3416	KG. 6	N. 96	N. 120
	N. 10	CART. 30x50x17	KG. 7,5	N. 72	N. 96
0,5 KG	N. 10	CART. 30x50x15	KG. 5	N. 104	N. 130
1 KG	N. 6	CART. 30x40x16 or CPR 3416	KG. 6	N. 96	N. 120
1 KG	N. 10	CART. 60x40x10 or CPR 6410	KG. 10	N. 72	N. 90
3 KG	N. 1	NET BAG	KG. 3	N. 200	N.200
5 KG	N. 1	NET BAG - BULK 30x40x12	KG. 5	N. 200	N. 200 BAGS - N.160 CARTONS
10 KG	N. 1	NET BAG	KG. 10	N. 100	N. 100

### Nutritional properties:

This fruit has a high caloric value (174 kcal/100 gr) but it is low in fat: 100 g of chestnuts contain just 1.7 gr of fat, including polyunsaturated fat belonging to the Omega 3 and Omega 6 family.

At the same time, they contain various minerals and vitamins, such as Vitamin B, E, and K, potassium, phosphorous, magnesium, zinc, copper and manganese.

Their high caloric value is very useful for Autumn and Winter to recovery. They contain fibres that stimulate bowel movements.

They are processed in our facility, at Via Einstein 31, Stanghella (PD) - Italy, where they are cleaned, brushed, weighted and packaged:

- packaged in net bags
- packaged in bulk in crates

Packaged on pallets based on the customer's specific needs.

We offer different types of carton sizes and colours.

**Customized labelling upon request.**

Transport services offered for deliveries in Central/Northern Italy: A X A; in Europe: A X B or A X C.

### Packaging examples:

1 KG NET BAGS with GENERAL LABEL



340x40 CARTON - 5 KG IN BULK

