



2018 Catalog



OLD WORLD CUISINE WITH A MODERN TWIST





PRODUCT GUIDE



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**KITCHEN &
LOVE**

Cucina Et Amore

KITCHEN & LOVE

Quinoa Meals

WHY QUINOA MEALS?

Innovative, Healthy, Convenient

Pre-Cooked Quinoa
with 4 Delicious Sauces

Just Stir & Eat
Serve Hot or Cold

Good Source of
Fiber & Protein





Quinoa Quick Meals

Quinoa Meals are the perfect size for when you're on the go. Just drop one in your backpack, sports bag or travel case, and you'll be sure to have something healthy and delicious to fill you up and keep you going.

ARTICHOKE & ROASTED PEPPERS



INGREDIENTS:

Quinoa, artichoke, sunflower oil, onion, roasted pepper (red & yellow), lemon juice, salt, parsley, lactic acid, garlic, citric acid and black pepper.

Nutrition Facts

1 serving per container
Serving size 1 Package (225 g)

Amount per serving
Calories 250

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 700mg	30%
Total Carbohydrate 36g	13%
Dietary Fiber 10g	36%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vitamin D 0mcg 0% • Calcium 67mg	5%
Iron 3mg 17% • Potassium 480mg 10%	

* 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.



SPICY JALAPEÑO & ROASTED PEPPERS



INGREDIENTS:

Quinoa, red pepper, sunflower oil, cane vinegar, potato starch, salt, jalapeño, hot red pepper, black pepper, lactic acid, citric acid, garlic, parsley and spices.

Nutrition Facts

1 serving per container
Serving size 1 Package (225 g)

Amount per serving
Calories 230

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 600mg	26%
Total Carbohydrate 33g	12%
Dietary Fiber 6g	21%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 0mcg 0% • Calcium 34mg	3%
Iron 2.3mg 13% • Potassium 390mg 8%	

* 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.



MANGO & ROASTED PEPPERS



INGREDIENTS:

Quinoa, piquillo pepper, mango, sugar, jalapeño, cane vinegar, salt, sunflower oil, onion, lemon juice, lactic acid, parsley, garlic, cumin and potato starch.

Nutrition Facts

1 serving per container
Serving size 1 Package (225 g)

Amount per serving
Calories 200

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 480mg	21%
Total Carbohydrate 35g	13%
Dietary Fiber 4g	14%
Total Sugars 9g	
Includes 3g Added Sugars	6%
Protein 6g	12%
Vitamin D 0mcg 0% • Calcium 33mg	3%
Iron 2.1mg 12% • Potassium 250mg 5%	

* 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.



BASIL PESTO



INGREDIENTS:

Quinoa, basil, sunflower oil, brazil nut, Grana Padano cheese, Parmesan cheese, potato starch, salt, garlic, pinenuts, sugar, lactic acid, citric acid, and ascorbic acid.

Nutrition Facts

1 serving per container
Serving size 1 Package (225g)

Amount per serving
Calories 460

	% Daily Value*
Total Fat 34g	44%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 720mg	31%
Total Carbohydrate 32g	12%
Dietary Fiber 6g	21%
Total Sugars 2g	
Includes <1g Added Sugars	0%
Protein 9g	18%
Vitamin D 0.03mcg 0% • Calcium 180mg	15%
Iron 3.4mg 20% • Potassium 420mg	8%

* 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.



**KITCHEN &
LOVE**

Cucina Et Amore

KITCHEN & LOVE

Farro Meals

WHY FARRO MEALS?

Innovative, Healthy, Convenient



Pre-Cooked Farro & Quinoa
with 3 Savory Sauces



Just Stir & Eat
Serve Hot or Cold



Good Source of
Fiber & Protein



spoon
included



Farro Quick Meals

Farro Meals are the perfect size for when you're on-the-go. Just drop one in your backpack, sports bag or travel case, and you'll be sure to have something healthy and delicious to fill you up and keep you going.

GRILLED VEGETABLES & HERBS

INGREDIENTS:

Farro, tomato, eggplant, white quinoa, zucchini, red quinoa, piquillo pepper, artichoke, water, sunflower oil, red onion, lime juice, salt, celery, garlic, lactic acid, capers, basil, oregano, thyme and crushed red pepper.



Nutrition Facts

Servings Per Container 1	
Serving Size 1 Package (225g)	
Amount Per Serving	
Calories	250
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 640mg	28%
Total Carbohydrate 40g	15%
Dietary Fiber 7g	25%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vitamin D 0mg	0%
Calcium 50mg	4%
Iron 3.5mg	20%
Potassium 260mg	6%

*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.

ROASTED PEPPER & ARTICHOKE

INGREDIENTS:

Farro, red piquillo pepper, artichoke, white quinoa, red quinoa, water, red onion, sunflower oil, roasted garlic, cane vinegar, salt, crushed red pepper, lime juice, black pepper and parsley.



Nutrition Facts

Servings Per Container 1	
Serving Size 1 Package (224g)	
Amount Per Serving	
Calories	280
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 850mg	37%
Total Carbohydrate 40g	15%
Dietary Fiber 8g	29%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 10g	18%
Vitamin D 0mg	0%
Calcium 50mg	4%
Iron 2.5mg	15%
Potassium 190mg	4%

*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.

ARTICHOKE, LEMON & ROASTED GARLIC

INGREDIENTS:

Farro, artichoke, white quinoa, red quinoa, bell peppers, sunflower oil, red onion, lemon juice, water, salt, lactic acid, parsley, roasted garlic and black pepper.



Nutrition Facts

Servings Per Container 1	
Serving Size 1 Package (225g)	
Amount Per Serving	
Calories	310
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 780mg	33%
Total Carbohydrate 46g	17%
Dietary Fiber 8g	29%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 10g	18%
Vitamin D 0mg	0%
Calcium 30mg	2%
Iron 3mg	15%
Potassium 220mg	4%

*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.



CUCINA & AMORE

Artichoke Hearts

WHY COOK WITH
CUCINA & AMORE
ARTICHOKE HEARTS?

Marinated, Grilled &
In Brine Artichokes
Available



Whole, Halves & Quartered
Sizes Available



Use as Appetizer, Salad
Topping, Ingredient,
Snack or Side Dish



KOSHER

Artichoke Hearts

MARINATED - QUARTERED



INGREDIENTS:
Artichoke hearts,
water, sunflower oil,
vinegar, salt and spices.



Nutrition Facts	
Serving Size 1 Ounce (28g) Servings Per Container About 15	
Amount Per Serving	Calories 35
	Calories from Fat 30
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Protein 0g	
Vitamin A 0%	Vitamin C 2%
Calcium 0%	Iron 2%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

GRILLED & MARINATED - HALVES



INGREDIENTS: Artichoke
hearts, sunflower oil,
vinegar, salt, spices,
citric acid and ascorbic
acid.



Nutrition Facts	
Serving Size 1 Ounce (30g) Servings Per Container About 5	
Amount Per Serving	Calories 50
	Calories from Fat 40
Total Fat 4g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	8%
Total Sugars 0g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 2%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

GRILLED & MARINATED - WHOLE



INGREDIENTS:
Artichoke hearts, water,
sunflower oil, cane
vinegar, salt, garlic and
spices.



Nutrition Facts	
Serving Size 1 Ounce (30g) Servings Per Container About 13	
Amount Per Serving	Calories 30
	Calories from Fat 25
Total Fat 3g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate <1g	0%
Dietary Fiber <1g	2%
Total Sugars <1g	
Protein <1g	
Vitamin A 0%	Vitamin C 2%
Calcium 0%	Iron 0%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

MARINATED - HALVES



INGREDIENTS:
Artichoke hearts, water,
sunflower oil, vinegar,
salt and spices.



Nutrition Facts	
Serving Size 1 Ounce (28g) Servings Per Container About 8	
Amount Per Serving	Calories from Fat 30
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Protein 0g	
Vitamin A 0%	Vitamin C 2%
Calcium 0%	Iron 2%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

BRINED - WHOLE



INGREDIENTS:
Artichoke hearts, water,
salt, citric acid and
ascorbic acid.



Nutrition Facts	
Serving Size 130g (1/2 cup) Servings Per Container About 2	
Amount Per Serving	Calories 25
	Calories from Fat 0
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 480mg	20%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Total Sugars less than 1g	
Protein 1g	
Vitamin A 0%	Vitamin C 15%
Calcium 4%	Iron 2%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

MARINATED - WHOLE



INGREDIENTS:
Artichoke hearts, water,
sunflower oil, vinegar,
salt and spices.



Nutrition Facts	
Serving Size 1 Ounce (28g) Servings Per Container About 8	
Amount Per Serving	Calories from Fat 30
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Protein 0g	
Vitamin A 0%	Vitamin C 2%
Calcium 0%	Iron 2%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

BRINED - QUARTERED



INGREDIENTS: Quartered
Artichoke Hearts, Water,
Salt and Citric Acid.



Nutrition Facts	
3 servings per container Serving size 1/2 cup (130g)	
Amount per serving	Calories 25
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 380mg	5%
Total Carbohydrate 4g	1%
Dietary Fiber 5g	20%
Total Sugars 3g	
Includes 0g Added Sugars 0%	
Protein 2g	
Not a significant source of Cholesterol, Dietary Fiber, Total Sugars, added Sugars, Vitamin D, Calcium, Iron or Potassium.	
*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.	



INGREDIENTS: Whole
Artichoke Hearts, Water,
Salt and Citric Acid.



Nutrition Facts	
3 servings per container Serving size 1/2 cup (130g)	
Amount per serving	Calories 25
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 380mg	5%
Total Carbohydrate 4g	1%
Dietary Fiber 5g	20%
Total Sugars 3g	
Includes 0g Added Sugars 0%	
Protein 2g	
Not a significant source of Cholesterol, Dietary Fiber, Total Sugars, added Sugars, Vitamin D, Calcium, Iron or Potassium.	
*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.	



For more information, please contact us at info@cucinaandamore.com



CUCINA & AMORE

Balsamic Vinegars

WHY COOK WITH OUR
BALSAMIC VINEGAR?

High-Quality Product of
Modena, Italy



I.G.P. Certified



Made from the Must of
Trebbiano & Lambrusco
Grapes



Aged in Oak Barrels





Balsamic Vinegars

HIGH DENSITY BALSMIC VINEGAR DENSITY = 1.35

INGREDIENTS:

Cooked Grape Must and Wine Vinegar.
Acidity 6% Minimum. Contains Sulphites



Cucina & Amore genuine Balsamic Vinegars are crafted according to traditional methods as some of the most refined vinegars in the region. Controlled and certified by a consortium of master tasters for its

traditional zone of production, proportion of ingredients and overall quality, they embody the complex taste profile preferred by fine cuisine aficionados and foodies alike.

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0g	0%	Total Carb. 12.6g	2.5%	
Serving Size 1Tbsp (15 mL)				
Servings about 16				
Calories 53.5				
Fat Cal. 0				
*Percent Daily Values (DV) are based on a 2,000 calorie diet.				
Sodium 4mg	0%			
Not a significant source of vitamin A, vitamin C, calcium and iron.				

PREMIUM BALSAMIC VINEGAR DENSITY = 1.17

INGREDIENTS:

Wine Vinegar and Cooked Grape Must.
Acidity 6% Minimum. Contains Sulphites.



Nutrition Facts

Serving Size
1Tbsp (15 mL)

Servings about 33

Calories 22

Fat Cal. 0

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0g	0%	Total Carb. 4.2g	1%
Sat. Fat 0g	0%	Dietary Fiber 0g	0%
Trans Fat 0g		Sugars 4.2g	
Cholesterol 0mg	0%	Protein 0.1g	
Sodium 3mg	0%		

Not a significant source of vitamin A, vitamin C, calcium and iron.

WHITE BALSAMIC VINEGAR DENSITY = 1.17

INGREDIENTS:

Wine Vinegar Concentrated Grape Must.
Antioxidants: E224, E300. Contains Sulphites.



Nutrition Facts

Serving Size
1Tbsp (15 mL)

Servings about 33

Calories 12.8

Fat Cal. 0

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0g	0%	Total Carb. 2.4g	0.8%
Sat. Fat 0g	0%	Dietary Fiber 0g	0%
Trans Fat 0g		Sugars 2.4g	
Cholesterol 0mg	0%	Protein 0.1g	
Sodium 2mg	0%		

Not a significant source of vitamin A, vitamin C, calcium and iron.

For more information, please contact us at info@cucinaandamore.com

Dry Beans & Grains

WHY OUR DRY BEANS & GRAINS?

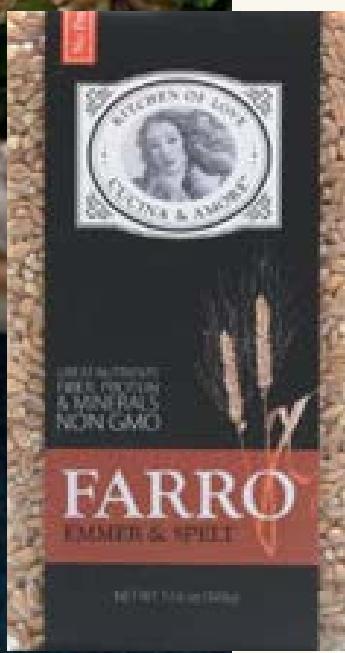
Grown in Italy



Vacuum Packed



Authentic Grains, Beans,
& Traditional Soups



LENTIL BEANS



INGREDIENTS: Lentils



7 28119 43000 5

Nutrition Facts

Serving Size 1/4 cup (45g)	Calories from Fat 0
Calories 150	% Daily Value*
Amount Per Serving	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 27g	9%
Dietary Fiber 7g	28%
Total Sugars 2g	
Protein 11g	
Vitamin A 0% Calcium 4%	Vitamin C 0% Iron 15%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

ARBORIO RICE



INGREDIENTS: Superfino Arborio Rice



7 28119 43005 0

Nutrition Facts

Serving Size 1/4 cup (56g)	Calories from Fat 0
Calories 170	% Daily Value*
Amount Per Serving	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 27g	13%
Dietary Fiber 0g	0%
Total Sugars 0g	
Protein 3g	
Vitamin A 0% Calcium 0%	Vitamin C 0% Iron 0%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

CANNELLINI BEANS



INGREDIENTS: Cannellini beans



7 28119 43001 2

Nutrition Facts

Serving Size 1/4 cup (45g)	Calories from Fat 0
Calories 150	% Daily Value*
Amount Per Serving	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 28g	9%
Dietary Fiber 7g	28%
Total Sugars 1g	
Protein 11g	
Vitamin A 0% Calcium 0%	Vitamin C 0% Iron 25%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

SEMOLINA



INGREDIENTS: Durum wheat semolina



7 28119 43007 4

Nutrition Facts

Serving Size 30g dry	Calories from Fat 3.7
Calories 104	% Daily Value*
Amount Per Serving	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	3%
Total Sugars 0g	
Protein 4g	
Vitamin A 0% Calcium 0%	Vitamin C 0% Iron 2%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

COUSCOUS



INGREDIENTS: Durum wheat semolina, water



7 28119 43002 9

Nutrition Facts

Serving Size 2/3 cup (56g)	Calories from Fat 5
Calories 200	% Daily Value*
Amount Per Serving	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 41g	14%
Dietary Fiber 2g	8%
Total Sugars 2g	
Protein 7g	
Vitamin A 0% Calcium 2%	Vitamin C 0% Iron 6%

Percent Daily Values (DV) are based on a 2,000 calorie diet.

MINESTRONE SOUP



INGREDIENTS: Borlotti beans, green split peas, pearl barley, green lentils, hulled red lentils, red lentils, eye beans, green azuchi, emmer, red beans, cannellini beans, white beans



7 28119 43008 1

Nutrition Facts

Serving Size 83g dry	Calories from Fat 11
Calories 256	% Daily Value*
Amount Per Serving	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 6mg	0%
Total Carbohydrate 43g	14%
Dietary Fiber 10g	38%
Total Sugars 2g	
Protein 19g	
Vitamin A 0% Calcium 0%	Vitamin C 0% Iron 2%

Percent Daily Values (DV) are based on a 2,000 calorie diet.

FARRO



INGREDIENTS: Farro (emmer, spelt)



7 28119 43003 6

Nutrition Facts

Serving Size 1/4 cup(50g)	Calories from Fat 0
Calories 170	% Daily Value*
Amount Per Serving	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 33g	11%
Dietary Fiber 3g	12%
Total Sugars 0g	
Protein 7g	
Vitamin A 0% Calcium 4%	Vitamin C 0% Iron 4%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.



INGREDIENTS: Pearl barley, borlotti beans, eye beans, pearl emmer, cannellini beans, red beans



7 28119 43009 8

Nutrition Facts

Serving Size 83g dry	Calories from Fat 14
Calories 260	% Daily Value*
Amount Per Serving	
Total Fat 2g	2%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 7mg	0%
Total Carbohydrate 48g	16%
Dietary Fiber 10g	40%
Total Sugars 2g	
Protein 13g	
Vitamin A 0% Calcium 5%	Vitamin C 0% Iron 2%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

POLENTA



INGREDIENTS: Corn Flour



7 28119 43004 3

Nutrition Facts

Serving Size 1/2 cup (65g)	Calories from Fat 10
Calories 230	% Daily Value*
Amount Per Serving	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 50g	16%
Dietary Fiber 2g	7%
Total Sugars <1g	
Protein 5g	
Vitamin A 0% Calcium 0%	Vitamin C 0% Iron 0%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.



INGREDIENTS: Bulgur, quinoa



7 28119 43011 1

Nutrition Facts

7 Servings per container	Serving Size 1/2 cup (70g)
Calories 280	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat <1g	1%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 52g	19%
Dietary Fiber 11g	38%
Sugars 0g	0%
Includes 0g added sugars	0%
Protein 9g	
Vitamin D 0mg Calcium 20mg Iron 2mg Potassium 0mg	Vitamin C 0% Iron 20% Potassium 0%

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 needs.



CUCINA & AMORE

Cooked Beans

WHY USE OUR COOKED BEANS?

Grown in Spain



Fully Cooked &
Ready to Eat



No Salt Added





Cooked Beans

Cucina & Amore cooked Cannellini Beans and Garbanzo Beans are premium deliciously fresh and harvested at their peak for maximum taste and quality. Pre-cooked and jarred, they are ready for easy daily use.

CANNELLINI BEANS



Nutrition Facts

Serving Size 1/2 cup (130g)
Servings Per Container About 3
Amount Per Serving
Calories 100 Calories from Fat 11
% Daily Value*
Total Fat 1g 2%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 22mg 0.9%
Total Carbohydrate 19g 6%
Dietary Fiber 8g 32%
Sugars 0g
Protein 7g
Vitamin A 0% • Vitamin C 0%
Calcium 10% • Iron 20%

* Percent Daily Values are based on a 2,000 calories diet.



7 28119 44100 1

INGREDIENTS: White Beans, Water, and Citric Acid



GARBANZO BEANS



Nutrition Facts

Serving Size 1/2 cup (130g)
Servings Per Container About 3
Amount Per Serving
Calories 110 Calories from Fat 18
% Daily Value*
Total Fat 2g 3%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 22mg 0.9%
Total Carbohydrate 13g 4%
Dietary Fiber 6g 24%
Sugars 0g
Protein 7g
Vitamin A 04% • Vitamin C 8%
Calcium 4% • Iron 10%

* Percent Daily Values are based on a 2,000 calories diet.



7 28119 44101 8

INGREDIENTS: Chickpeas, Water, and Citric Acid



For more information, please contact us at info@cucinaandamore.com



CUCINA & AMORE

Bruschetta

WHY CHOOSE
OUR BRUSCHETTA?

Delicious & Healthy
Appetizers



4 Delicious Flavors



Also Use as Side Dish or
Sandwich Spread



KOSHER



Bruschetta

Cucina & Amore non-traditional Bruschetta uniquely offers a modern twist on traditional recipes that bring more fun and unique flavors to your entertainment options.

ARTICHOKE



INGREDIENTS: Artichoke hearts, sunflower oil, onion, vinegar, salt, garlic, spices, citric acid and ascorbic acid.

Nutrition Facts

Serving Size 1 ounce (30g)	Calories from Fat 50
Servings Per Container About 7.5	
Amount Per Serving	Calories 70
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	8%
Total Sugars 1g	
Protein <1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.



SUN-DRIED TOMATO



INGREDIENTS: Sun-dried tomato, sunflower oil, tomato paste, garlic, vinegar, grana padano cheese, olive oil, walnuts, pinenuts, salt, spices, citric acid and ascorbic acid.

Nutrition Facts

Serving Size 1 Ounce (30g)	Calories from Fat 108
Servings Per Container About 7.5	
Amount Per Serving	Calories 146
Total Fat 12g	18%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 111mg	3%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Total Sugars 7g	
Protein 3g	
Vitamin A 4%	Vitamin C 11%
Calcium 2%	Iron 8%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.



PIQUILLO & ARTICHOKE



INGREDIENTS: Piquillo pepper, artichoke hearts onions, sunflower oil, cane vinegar, salt, garlic, tapioca starch, citric acid and spices.

Nutrition Facts

Serving Size 1 ounce (30g)	Calories from Fat 20
Servings Per Container About 8	
Amount Per Serving	Calories 30
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 3g	
Protein 0g	
Vitamin A 10%	Vitamin C 45%
Calcium 0%	Iron 0%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.



BLACK OLIVE



INGREDIENTS: Ingredients: Green olive, black olive, pepper, sunflower oil, olive oil, capers, garlic, wine vinegar and tapioca starch.

Nutrition Facts

Serving Size 1 Ounce (30g)	Calories from Fat 50
Servings Per Container About 8	
Amount Per Serving	Calories 65
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Protein 1g	
Vitamin A 2%	Vitamin C 4%
Calcium 2%	Iron 2%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.



For more information, please contact us at info@cucinaandamore.com



CUCINA & AMORE

Extra Virgin Olive Oil

ROBUSTO

Product of Italy



Made from Coratina Olives



Full Flavored with
slight Peppery Finish



Ideal for Grilled Meat &
Vegetables, Salads & Soups

FRUTTATO

Product of Greece



Made from
Koroneiki Olives



Fresh Fruity Aroma



Ideal for Poultry, Seafood,
Baking & Everyday Use





Extra Virgin Olive Oil

Cucina & Amore Extra Virgin Olive Oils are made with hand-selected, cold-pressed olives and quality-approved by International olive oil judge and taste panel leader of the California Olive Oil Council, Dean Wilkinson.

FRUTTATO - 16.9 fl oz (500ml)



INGREDIENTS: Extra Virgin Olive Oil



Nutrition Facts

Serving Size
1TBsp (15 mL)
Servings about 33
Calories 130
Calories from Fat 130
*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 14g	22 %	Cholesterol 0mg	0%
Sat. Fat 2g	10 %	Sodium 0mg	0%
Trans Fat 0g		Total Carb. 0mg	0%
Polyunsat. Fat 1.5g		Protein 0g	
Monounsat. Fat 10.5g			

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

ROBUSTO - 16.9 fl oz (500ml)



INGREDIENTS: Extra Virgin Olive Oil



Nutrition Facts

Serving Size
1TBsp (15 mL)
Servings about 33
Calories 130
Calories from Fat 130
*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 14g	22 %	Cholesterol 0mg	0%
Sat. Fat 2g	10 %	Sodium 0mg	0%
Trans Fat 0g		Total Carb. 0mg	0%
Polyunsat. Fat 1.5g		Protein 0g	
Monounsat. Fat 10.5g			

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

FRUTTATO - 25.3 fl oz (750ml)



INGREDIENTS: Extra Virgin Olive Oil



Nutrition Facts

Serving Size
1TBsp (15 mL)
Servings about 33
Calories 130
Calories from Fat 130
*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 14g	22 %	Cholesterol 0mg	0%
Sat. Fat 2g	10 %	Sodium 0mg	0%
Trans Fat 0g		Total Carb. 0mg	0%
Polyunsat. Fat 1.5g		Protein 0g	
Monounsat. Fat 10.5g			

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

ROBUSTO - 25.3 fl oz (750ml)



INGREDIENTS: Extra Virgin Olive Oil



Nutrition Facts

Serving Size
1TBsp (15 mL)
Servings about 33
Calories 130
Calories from Fat 130
*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 14g	22 %	Cholesterol 0mg	0%
Sat. Fat 2g	10 %	Sodium 0mg	0%
Trans Fat 0g		Total Carb. 0mg	0%
Polyunsat. Fat 1.5g		Protein 0g	
Monounsat. Fat 10.5g			

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

For more information, please contact us at info@cucinaandamore.com



CUCINA & AMORE

Italian Gnocchi

WHY COOK WITH
CUCINA & AMORE
GNOCCHI?

Made in Italy



High Quality Recipe



3 Varieties of Gnocchi





Italian Gnocchi

Made with a traditional Italian recipe, Cucina & Amore potato gnocchi's light, airy texture and full potato flavor make it a delicious pasta favorite. It's a classic European style pasta that cooks in just a couple of minutes.

POTATO GNOCCHI

INGREDIENTS:

Rehydrated potatoes 80% (water, potato flakes(emulsifiers:mono and diglycerides of fatty acids, antioxidant: sodium metabisulphite, natural flavourings)), wheat flour, potato starch, rice flour, salt, acidity regulator: lactic acid, preservative: sorbic acid and natural flavouring. Contains wheat.



Nutrition Facts

Serving Size 100g
Servings Per Container About 4

Amount Per Serving	Calories from Fat 0
Calories 150	% Daily Value*
Total Fat 0.3g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 600mg	24%
Total Carbohydrate 33.7g	10%
Dietary Fiber .5g	1%
Total Sugars .1g	
Protein 3.3g	
Vitamin A 0%	Vitamin C 8%
Calcium 2%	Iron 0%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

WHOLE WHEAT GNOCCHI

INGREDIENTS:

Rehydrated potatoes 80% (water, potato flakes(emulsifiers:mono and diglycerides of fatty acids, antioxidant: sodium metabisulphite, natural flavourings)), whole wheat flour, potato starch, rice flour, salt, acidity regulator: lactic acid, preservative: sorbic acid and natural flavouring. Contains wheat.



Nutrition Facts

Serving Size 100g
Servings Per Container About 4

Amount Per Serving	Calories from Fat 0
Calories 130	% Daily Value*
Total Fat 0.1g	0.5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 600mg	24%
Total Carbohydrate 29g	9%
Dietary Fiber 3g	8%
Total Sugars 0g	
Protein 3g	
Vitamin A 0%	Vitamin C 15%
Calcium 2%	Iron 10%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

GLUTEN FREE GNOCCHI

INGREDIENTS:

Rehydrated potatoes 80% (water, potato flakes(emulsifiers:mono and diglycerides of fatty acids, antioxidant: sodium metabisulphite, natural flavourings)), corn flour, potato starch, corn starch, rice flour, salt, acidity regulator: lactic acid, preservative: sorbic acid and natural flavouring.



Nutrition Facts

Serving Size 100g
Servings Per Container About 4

Amount Per Serving	Calories from Fat 0
Calories 150	% Daily Value*
Total Fat 0.3g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 600mg	24%
Total Carbohydrate 33.7g	10%
Dietary Fiber 0.5g	1%
Total Sugars 0.1g	
Protein 3.3g	
Vitamin A 0%	Vitamin C 8%
Calcium 2%	Iron 0%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.



CUCINA & AMORE

Grapeseed Oil

WHY COOK WITH GRAPESEED OIL?

Product of Italy



Low in Saturated Fat



No Cholesterol



No Trans Fats



High Smoke Point



Ideal for Frying



High in Vitamin E





Grapeseed Oil



INGREDIENT: Grapeseed Oil

Grapeseed oil was once the well-kept secret of many traditional kitchen repertoires. It is mostly made of polyunsaturated fats (PUFAs) like omega-6s and omega-9 fatty acids, “good fats” essential for overall health.

Cucina & Amore Grapeseed oil is derived 100% from Italian grape seeds. This premium quality grape seed oil is high in Vitamin E, a powerful antioxidant, yet contains no saturated or trans fats. Its high smoke point makes it an ideal kitchen staple and the go-to oil for frying.

Nutrition Facts	
Serving Size 1Tbsp (15 mL)	%DV*
Servings about 50	
Calories 124	
Calories from Fat 124	
Total Fat 12g	20%
Sat. Fat 1g	5 %
Trans Fat 0g	
Polyunsat. Fat 9g	
Monounsat. Fat 2g	
Vitamin E 3.9mg	19%
Not a significant source of vitamin A, vitamin C, calcium and iron.	





CUCINA & AMORE

Hearts of Palm

WHY COOK WITH
CUCINA & AMORE
HEARTS OF PALM?

Hand-selected at
the Peak of Freshness

•••••
Versatile Ingredient
for Appetizer, Salads &
Side Dishes

•••••
Sustainably
Farmed

•••••
Low in Calories & Sugar



KOSHER



Hearts of Palm

Cucina & Amore Hearts of Palm, also called Palmito, are hand-selected and harvested from the inner growing bud of particular palm trees to protect the moist, firm freshness and delicate flavor.

HEARTS OF PALM - CAN



Nutrition Facts	
7 servings per container	
Serving size	30g
Amount per serving	
Calories	5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 1g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Not a significant source of Vitamin D, Calcium, Iron and Potassium.	
* 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.	

7 28119 47104 6

INGREDIENTS: Palm Hearts, Water, Salt, and Citric Acid.



HEARTS OF PALM - JAR



Nutrition Facts	
8 servings per container	
Serving size	30g
Amount per serving	
Calories	5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 1g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Not a significant source of Vitamin D, Calcium, Iron and Potassium.	
*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.	

7 28119 47103 9

INGREDIENTS: Palm Hearts, Water, Salt, and Citric Acid.





CUCINA & AMORE

Panettone

WHY CHOOSE
OUR PANETTONE?

Made with 100% Butter



Great Holiday Item



Made in Italy





Panettone



INGREDIENT: Wheat Flour, sultanas raisins 13%, sugar, butter, candied orange peels 9% (orange peels, glucose-fructose syrup), natural yeast, egg yolks, emulsifiers: mono and diglycerides of fatty acids, glucose syrup, salt, milk proteins, flavorings, and skimmed milk powder

Nutrition Facts

Servings 1/15 of cake (50g)
Serving Per Container about 15

Amount Per Serving
Calories 190
Calories from Fat 60

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
Total Fat 4 g	20%	Total Carbohydrate 28g	9%
Saturated Fat 5 g	25%	Dietary Fiber 1 g	4%
Trans Fat 0 g		Sugars 13g	
Cholesterol 70 mg	23%	Protein 3 g	
Sodium 95 mg	4%		
Vitamin A 4% • Vitamin C 0% • Calcium 2% • Iron 8%			

* Percent Daily Values are based on a 2,000 calories diet.
Your Daily Values may be higher or lower depending on your calorie needs.

Calories:	2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4



Panettone is a type of sweet bread loaf originally from Milan. The word "panettone" derives from the Italian word "panetto", a small loaf cake. The history of panettone dates back centuries. It is made during a long process that involves the curing of the dough, which is acidic, similar to sourdough. The proofing process alone takes several days, giving the cake its distinctive fluffy characteristics. It contains candied orange, citron, and lemon zest, as well as raisins, which are added dry and not soaked. It is served in slices, vertically cut, accompanied with hot beverages or a sweet wine. Most generally prepared and enjoyed for Christmas and New Year.



CUCINA & AMORE

Italian Organic Pasta

WHY COOK WITH
CUCINA & AMORE
BRONZE-CUT PASTA?

Made in Italy



100% Organic Durum
Wheat Semolina



Made with
Bronze Dyes



KOSHER





Italian Organic Pasta

Cucina & Amore Organic Bronze-Cut Pasta is made according to local Italian tradition. The artisan process guarantees that you have a delicious pasta with a textured surface that helps to easily absorb any sauce, thus elevating the flavor of all ingredients.

PENNE RIGATE #71



FARFALLE #22



FUSILLI #66



ELBOWS #42



CASARECCE #50



SPAGHETTI #82



LINGUINE #91



CAPELLINI #80



Nutrition Facts

Serv. Size 1/8 package (56g) dry
Servings Per Container 8
Amount Per Serving
Calories 200
Calories from Fat 10

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
Total Fat 1g	1%	Potassium 100mg	2%
Saturated Fat 0g	0%	Total Carbohydrate 40g	15%
Trans Fat 0g		Dietary Fiber 2g	7%
Cholesterol 0mg	0%	Sugars 2g	
Sodium 0mg	0%	Protein 6g	
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 2%			

INGREDIENTS:

100% Organic Durum Wheat Semolina

For more information, please contact us at info@cucinaandamore.com



CUCINA & AMORE

Italian Pasta Sauces

WHY CHOOSE
CUCINA & AMORE
PASTA SAUCES?

Made in Parma, Italy

4 Authentic Italian Flavors

No Artificial
Preservatives or Flavors

No Water Added





Italian Pasta Sauces

All of our Italian Pasta Sauces bring a unique and versatile flavor to your dishes. Every jar comes with everything you need in a pasta sauce. Nothing more, nothing less. The hardest part will be deciding which one is your favorite!

BASILICO



INGREDIENTS:

Tomatoes, tomato paste, extra virgin olive oil, basil, salt, onions, brown sugar and garlic.



Nutrition Facts

Serving Size 1/2 cup (125g)	Servings Per Container About 4
Amount Per Serving	Calories from Fat 30
Calories 80	% Daily Value*
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 530mg	25%
Total Carbohydrate 10g	4%
Dietary Fiber 3g	12%
Total Sugars 6g	
Protein 2g	
Vitamin A 8% Calcium 4%	Vitamin C 10% Iron 6%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

PUTTANESCA



INGREDIENTS:

Chopped tomatoes, tomato paste, green sliced olives, black sliced olives, extra virgin olive oil, onions, brown sugar, white wine, salt, capers, oregano, parsley and garlic.



Nutrition Facts

Serving Size 1/2 cup (125g)	Servings Per Container About 4
Amount Per Serving	Calories from Fat 51
Calories 98	% Daily Value*
Total Fat 6g	10%
Saturated Fat 1g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 763mg	35%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	2%
Total Sugars 7g	
Protein 2g	
Vitamin A 6% Calcium 4%	Vitamin C 15% Iron 4%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

ARRABBIATA



INGREDIENTS:

Tomatoes, tomato paste, sweet red peppers, extra virgin olive oil, anchovy paste, salt, parsley, garlic, brown sugar and chili powder.



Nutrition Facts

Serving Size 1/2 cup(125g)	Servings Per Container About 4
Amount Per Serving	Calories from Fat 30
Calories 80	% Daily Value*
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 550mg	25%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	12%
Total Sugars 7g	
Protein 2g	
Vitamin A 8% Calcium 4%	Vitamin C 8% Iron 6%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

FORMAGGIO



INGREDIENTS:

Tomatoes, tomato puree, ricotta cheese, onions, parmesan-reggiano cheese, extra virgin olive oil, salt, brown sugar, basil, rice starch, natural flavor, garlic, citric acid and chili powder. Contains: milk.



Nutrition Facts

Serving Size 1/2 cup(125g)	Servings Per Container About 4
Amount Per Serving	Calories from Fat 40
Calories 90	% Daily Value*
Total Fat 4g	7%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 570mg	25%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	8%
Total Sugars 6g	
Protein 3g	
Vitamin A 6% Calcium 10%	Vitamin C 15% Iron 4%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

For more information, please contact us at info@cucinaandamore.com



CUCINA & AMORE

Peppers

WHY CHOOSE
CUCINA & AMORE
PEPPERS?

Colorful, Flavorful,
Versatile

Both Tricolor Jalapeños
& Piquillo Peppers

Use on Sandwiches,
Pasta, Salads & Pizza





Peppers

Piquillo Peppers are a variety of chili that over the years have been incorporated into gourmet gastronomic culture. These sweet peppers are full of flavor and add a bold flavor and color to even the most simplest of dishes. Tricolor Jalapeños will not only dress up any meal they star in, they will also leave you with a refreshing spicy culinary experience.

TRICOLOR JALAPEÑOS

INGREDIENTS:

Red jalapeño pepper rings, green jalapeño pepper rings, yellow inca peppers rings, water, cane vinegar, salt and calcium chloride.



KOSHER



Nutrition Facts

Serving Size 1/4 Cup (30 g)

Servings Per Container 8

Amount Per Serving	Calories	Calories from Fat 0	% Daily Value*
Calories 5			
Total Fat 0g	0g	0%	0%
Saturated Fat 0g	0g	0%	0%
Trans Fat 0g	0g	0%	0%
Cholesterol 0mg	0mg	0%	0%
Sodium 220mg	9%	9%	9%
Total Carb. 1g	1g	0%	0%
Dietary Fiber 0g	0g	0%	0%
Sugars <1g	<1g	0%	0%
Protein 0g	0g	0%	0%
Vitamin A 0%		Vitamin C 30%	
Calcium 2%		Iron 0%	

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

PIQUILLO PEPPERS 7.9oz

INGREDIENTS:

Peppers piquillo, water, sugar, salt, citric acid and calcium chloride.



KOSHER



Nutrition Facts

6 servings per container

Serving size 1 oz (30g)

Amount per serving	Calories	% Daily Value*
Calories 15		
Total Fat 0g	0g	0%
Saturated Fat 0g	0g	0%
Trans Fat 0g	0g	0%
Cholesterol 0mg	0mg	0%
Sodium 60mg	3%	3%
Total Carbohydrate 3g	1g	1%
Dietary Fiber 1g	1g	2%
Total Sugars 2g	2g	2%
Includes 0g Added Sugars	0g	0%
Protein 1g	1g	2%

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.

PIQUILLO PEPPERS 14.5oz

INGREDIENTS:

Peppers piquillo, water, sugar, salt, citric acid and calcium chloride.



KOSHER



Nutrition Facts

2 servings per container

Serving size 1 cup (130g)

Amount per serving	Calories	% Daily Value*
Calories 45		
Total Fat 0g	0g	0%
Saturated Fat 0g	0g	0%
Trans Fat 0g	0g	0%
Cholesterol 0mg	0mg	0%
Sodium 310mg	13%	13%
Total Carbohydrate 11g	2g	2%
Dietary Fiber 1g	1g	18%
Total Sugars 8g	8g	8%
Includes 2g Added Sugars	2g	0%
Protein Less than 2g	Less than 2g	0%
Vitamin D 0mcg 0%		Calcium 56mg 4%
Iron 0.21mg 4%		Potas. 213mg 4%

*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.



CUCINA & AMORE

Pesto Sauces

WHY CHOOSE
CUCINA & AMORE
PESTO?

Made with fresh Basil
(not frozen or dried)



3 Delicious Flavors



No Artificial
Preservatives or Flavors





Pesto

Cucina & Amore Pesto Sauces are some of the most flavorful and highest-quality sauces. Not just for pasta, toss our Pesto with some vegetables. Spread them on a sandwich. Use them as a dip. The possibilities are endless.

PESTO ALLA GENOVESE (BASIL PESTO)

INGREDIENTS:

Basil, sunflower oil, Brazil nuts, grana Padano cheese, parmesan cheese, potato starch, salt, garlic, pine nuts, sugar, citric acid and ascorbic acid.



Nutrition Facts

Serving Size 1 ounce (30g)	Calories from Fat 81
Servings Per Container About 7.5	
Amount Per Serving	
Calories 95	Calories from Fat 81
Total Fat 9g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 1mg	0.5%
Sodium 260mg	12%
Total Carbohydrate 3g	1%
Dietary Fiber 0.5g	2%
Total Sugars 0.5g	
Protein 1g	
Vitamin A 18%	Vitamin C 63%
Calcium 5%	Iron 3%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

PESTO ALLA FIRENZE (ARTICHOKE PESTO)

INGREDIENTS:

Artichoke, sunflower oil, salt, garlic, vinegar, spices, citric acid and ascorbic acid.



Nutrition Facts

Serving Size 1 ounce (30g)	Calories from Fat 50
Servings Per Container About 7.5	
Amount Per Serving	
Calories 70	Calories from Fat 50
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	8%
Total Sugars 1g	
Protein <1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

PESTO ALLA SICILIANA (SUN-DRIED TOMATO PESTO)

INGREDIENTS:

Pulp of sun-dried tomato, sunflower oil, tomato paste, water, basil, dried tomato, grana padano cheese, sugar, dehydrated potato, salt, garlic powder, spices, citric acid and ascorbic acid. Contains milk.



Nutrition Facts

Serving Size 1 ounce (30g)	Calories from Fat 70
Servings Per Container About 7.5	
Amount Per Serving	
Calories 90	Calories from Fat 70
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 2%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

For more information, please contact us at info@cucinaandamore.com

Saffron

WHY IS OUR SAFFRON SUPERIOR?

Hand Picked, Premium,
Persian Sargol Saffron



Sargol, or "Top of the Flower"
is the Highest Quality Saffron
in the World



Colorful, Aromatic & Flavorful



Category 1 Rating
(Coloring Strength > 250)





Saffron

SARGOL Saffron, meaning "top of the flower", is recognized as the finest quality and purity Saffron with a distinctly intense flavor, fragrant aroma, and a deep red coloring power.



With its incredible aroma and wonderful taste with sweet notes of honey and hay, use Saffron to flavor risotto or rice dishes like a Spanish paella or biryani of India and give them a beautiful golden yellow color.



Saffron perfectly complements fish and meat dishes. It's great with white fish or seafood, chicken, lamb, pork, and vegetables. Saffron is also delicious in desserts like cookies, cakes or custard. And it pairs well with other spices like as cinnamon, cumin, almonds, or vanilla.

INGREDIENT: Persian Sargol Saffron Strands

Unit



Tin



CUCINA & AMORE

Pepper Salsas

WHY USE OUR PEPPER SALSA?

Unique Non-Tomato Based Salsa



Made Only with Fresh & Natural Ingredients



Recipe & Alternative Uses Inside the Sleeve





Pepper Salsas

Most people think of tomatoes when it comes to salsa. With Cucina & Amore's line of all-pepper salsas, we have reinvented this traditional Mexican food to be a flavorful, nutritious alternative that's loaded with the best ingredients. It's an innovative twist on the traditional recipes, a refined and healthy salsa that adds a kick to any party.

PIQUILLO PEPPER & MANGO

INGREDIENTS:

Piquillo peppers, mango, sugar, jalapeño pepper, sunflower oil, vinegar, salt, onion, lemon juice, parsley, potato starch, citric acid, garlic, ascorbic acid and spices.



Nutrition Facts

Serving Size 2 Tbsp. (30g)

Servings Per Container About 14

Amount Per Serving	Calories from Fat 0
Calories 12	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 147mg	6%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 3g	
Protein 0g	
Vitamin A 3%	Vitamin C 48%
Calcium 0%	Iron 1%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

FIRE ROASTED YELLOW PEPPER

INGREDIENTS:

Yellow pepper, sunflower oil, cane vinegar, potato starch, salt, garlic, citric acid, xanthan gum, parsley, moche hot peppers and spices.



Nutrition Facts

Serving Size 2 Tbsp(30g)

Servings Per Container About 14

Amount Per Serving	Calories from Fat 6
Calories 13	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 282mg	12%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Protein 0g	
Vitamin A 0%	Vitamin C 22%
Calcium 0%	Iron 0%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

FIRE ROASTED RED PEPPER

INGREDIENTS:

Red pepper, sunflower oil, red hot chili, salt, garlic powder, vinegar, spices, garlic, potato starch and citric acid.



Nutrition Facts

Serving Size 2 Tbsp (30g)

Servings Per Container About 14

Amount Per Serving	Calories from Fat 18
Calories 22	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 213mg	9%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	4%
Total Sugars 1g	
Protein 0g	
Vitamin A 3%	Vitamin C 77%
Calcium 1%	Iron 1%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

For more information, please contact us at info@cucinaandamore.com



Sesame Seed Bars

WHY CHOOSE OUR SESAME SEED BAR?

No High Fructose Corn Syrup



12 Grams of Protein in Every Bar



Made in Greece





Sesame Seed Bar



Did you know Sesame seeds are one of the oldest crops known to humans and a source of antioxidants and protein? Delicious and good-for-you, these tiny seeds are baked to perfection as a crunchy snack on-the-go or whenever you'd like a crispy bite in between meals.

INGREDIENT: Sesame Seeds, glucose syrup, sugar and honey.



Nutrition Facts

2 servings per container
Serving size
1/2 bar (35g)

Calories
per serving **210**

Amount/serving	% Daily Value*
Total Fat 14g	18%
Saturated Fat 2g	11%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%

Vitamin D 0mcg 0% • Calcium 14mg 0% • Iron 1.5mg 8% • Potassium 113mg 2%

Amount/serving	% Daily Value*
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Total Sugars 8g	
Includes 8g of Added Sugars	16%
Protein 6g	

* 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.

For more information, please contact us at info@cucinaandamore.com



CUCINA & AMORE

Tomatoes

WHY COOK WITH
CUCINA & AMORE
TOMATOES?

Grown in Italy



Vine-Ripened
Tomatoes



Sun-Dried Tomatoes
in Oil





Tomatoes

Cucina & Amore collection of Whole and Chopped Tomatoes is imported from Italy. Grown and vine-ripened in the sun of Italy, these tomatoes are hand-picked and canned at their peak. Bold, aromatic and flavorful, they are perfect for taking homemade and novel sauces and other recipes to the next level.

WHOLE PEELED TOMATOES

INGREDIENTS:

Peeled Tomato, Tomato Juice and Citric Acid. No Salt Added.



KOSHER



Nutrition Facts

Serving Size 1/2 cup (110g)
Servings Per Container About 7

Amount Per Serving

Calories	25	Calories from Fat 0	% Daily Value*
Total Fat 0g	0g	0%	0%
Saturated Fat 0g	0g	0%	0%
Trans Fat 0g	0g	0%	0%
Cholesterol 0mg	0mg	0%	0%
Sodium 320mg	13%	13%	13%
Total Carbohydrate 6g	2g	2%	2%
Dietary Fiber 2g	2g	8%	8%
Sugars 4g	4g	4%	4%
Protein 1g	1g	2%	2%
Vitamin A 20% • Vitamin C 25%			
Calcium 2% • Iron 4%			

* Percent Daily Values are based on a 2,000 calories diet. Your daily values may be higher or lower depending on your calorie needs:
 Calories: 2,000 2,500
 Total Fat: Less than 65g 80g
 Saturated Fat: Less than 20g 25g
 Cholesterol: Less than 300mg 300mg
 Sodium: Less than 2,400mg 2,400mg
 Total Carbohydrate: 300g 375g
 Dietary Fiber: 25g 30g
 Sugars: 45g 50g
 Protein: 50g 60g

CHOPPED TOMATOES

INGREDIENTS:

Chopped Tomatoes, Tomato Juice and Citric Acid. No Salt Added.



KOSHER



Nutrition Facts

Serving Size 1/2 cup (110g)
Servings Per Container About 7

Amount Per Serving

Calories	25	Calories from Fat 0	% Daily Value*
Total Fat 0g	0g	0%	0%
Saturated Fat 0g	0g	0%	0%
Trans Fat 0g	0g	0%	0%
Cholesterol 0mg	0mg	0%	0%
Sodium 320mg	13%	13%	13%
Total Carbohydrate 6g	2g	2%	2%
Dietary Fiber 2g	2g	8%	8%
Sugars 4g	4g	4%	4%
Protein 1g	1g	2%	2%
Vitamin A 20% • Vitamin C 25%			
Calcium 2% • Iron 4%			

* Percent Daily Values are based on a 2,000 calories diet. Your daily values may be higher or lower depending on your calorie needs:
 Calories: 2,000 2,500
 Total Fat: Less than 65g 80g
 Saturated Fat: Less than 20g 25g
 Cholesterol: Less than 300mg 300mg
 Sodium: Less than 2,400mg 2,400mg
 Total Carbohydrate: 300g 375g
 Dietary Fiber: 25g 30g
 Sugars: 45g 50g
 Protein: 50g 60g

SUN-DRIED TOMATOES

INGREDIENTS: Sun-Dried Tomato, Sunflower Oil, Citric Acid, White Wine Vinegar, Garlic, Spices and Ascorbic Acid.



KOSHER



Nutrition Facts

7.5 servings per container
Serving size 1 oz (30g)

Amount per serving

Calories	45	% Daily Value*
Total Fat 3g	5%	5%
Saturated Fat 0g	0%	0%
Trans Fat 0g	0%	0%
Cholesterol 0mg	0mg	0%
Sodium 360mg	15%	15%
Total Carbohydrate 4g	1%	1%
Dietary Fiber 2g	8%	8%
Total Sugars 2g	1%	1%
Includes 2g Added Sugars	1%	1%
Protein 1g	1%	1%

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.



CUCINA & AMORE

Vinaigrettes

WHY USE OUR VINAIGRETTES?

Product of France

No Artificial Colors,
Flavors or Preservatives

In a Patented,
Easy-to-Use
Shaker Bottle





Vinaigrettes

Cucina & Amore vinaigrettes are authentic, homemade-style premium products formulated based on local culinary traditions in the heart of France. Created with fresh fruits, vegetables, fine spices, oil and vinegar, Cucina & Amore vinaigrettes are full-flavored, well-balanced and alive with zest.

SHERRY BASIL

INGREDIENTS: Refined canola oil, sherry vinegar, water, olive oil, tomato puree, Dijon mustard (mustard seeds, vinegar, water, salt), garlic, salt, basil and honey



Nutrition Facts

18 Servings Per Container	
Serving Size	2 Tbsp (30mL)
Amount Per Serving	
Calories	142
% Daily Value*	
Total Fat 15g	20%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 3mg	0%
Sodium 282mg	12%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 1g Added Sugars 2%	
Protein 0g	
Vitamin D 0mcg	0%
Calcium 49mg	4%
Iron 1mg	6%
Potassium 300mg	6%

*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.

SHALLOT

INGREDIENTS: Sunflower oil, red wine vinegar, shallots, Dijon mustard (mustard seeds, vinegar, water, salt), honey, natural flavor and herbs (bay leaf, thyme, savory)



Nutrition Facts

18 Servings Per Container	
Serving Size	2 Tbsp (30mL)
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 15g	20%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 2mg	0%
Sodium 290mg	12%
Total Carbohydrate 1g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 1g Added Sugars 2%	
Protein 0g	
Vitamin D 0mcg	0%
Calcium 33mg	3%
Iron 1mg	6%
Potassium 127mg	3%

*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.

FIG

INGREDIENTS: Sunflower oil, white wine vinegar, fig juice concentrate, Dijon mustard (mustard seeds, vinegar, water, salt), balsamic vinegar (cooked grape must, wine vinegar) and salt



Nutrition Facts

18 Servings Per Container	
Serving Size	2 Tbsp (30mL)
Amount Per Serving	
Calories	150
% Daily Value*	
Total Fat 15g	20%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 3mg	0%
Sodium 260mg	13%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars 0%	
Protein 0g	
Vitamin D 0mcg	0%
Calcium 36mg	3%
Iron 1mg	6%
Potassium 300mg	6%

*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.

APPLE

INGREDIENTS: Sunflower oil, apple cider vinegar, apple juice concentrate, Dijon mustard (mustard seeds, vinegar, water, salt), salt and cane sugar



Nutrition Facts

18 Servings Per Container	
Serving Size	2 Tbsp (30mL)
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 15g	20%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 3mg	0%
Sodium 290mg	12%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 1g Added Sugars 2%	
Protein 1g	
Vitamin D 0mcg	0%
Calcium 49mg	4%
Iron 1mg	6%
Potassium 249mg	5%

*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.

MANGO & GINGER

INGREDIENTS: Sunflower oil, white wine vinegar, mango puree, ginger, Dijon mustard (mustard seeds, vinegar, water, salt), red pepper, sugar and salt



Nutrition Facts

18 Servings Per Container	
Serving Size	2 Tbsp (30mL)
Amount Per Serving	
Calories	150
% Daily Value*	
Total Fat 15g	20%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 2mg	0%
Sodium 310mg	14%
Total Carbohydrate 1g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 1g Added Sugars 2%	
Protein 0g	
Vitamin D 0mcg	0%
Calcium 37mg	3%
Iron 1mg	6%
Potassium 130mg	3%

*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.

BALSAMIC

INGREDIENTS: Sunflower oil, white wine vinegar, balsamic vinegar (cooked grape must, wine vinegar), water, olive oil, red wine vinegar, Dijon mustard (mustard seeds, vinegar, water, salt) and salt



Nutrition Facts

18 Servings Per Container	
Serving Size	2 Tbsp (30mL)
Amount Per Serving	
Calories	142
% Daily Value*	
Total Fat 15g	20%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 2mg	0%
Sodium 290mg	12%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars 0%	
Protein 0g	
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 1mg	6%
Potassium 212mg	5%

*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.

For more information, please contact us at info@cucinaandamore.com



CUCINA & AMORE

Wafer Rolls

WHY CHOOSE OUR WAFER ROLLS?

Made with Coconut Oil
No Palm Oil

.....
Crunchy with a
Delicious Creamy Center

.....
No High Fructose
Corn Syrup

.....
Made in Greece





Wafer Rolls

Cucina & Amore Wafer Rolls are European-style artisan wafer rolls generously filled with a rich and flavorful cream. These indulging rolls are crunchy on the outside and bursting with decadent flavor on the inside.

Every bite will melt in the mouth!

HAZELNUT



INGREDIENTS:
Sugar, wheat flour, coconut oil, skim milk powder, defatted cocoa powder, hazelnuts, whey powder, soya flour, barley malt, soya lecithin, glucose syrup, natural hazelnut flavoring and vanilla



Nutrition Facts

13 servings per container
Serving size 4 wafers (32g)

Amount per serving
Calories 150

% Daily Value*

Total Fat 6g	7%
Saturated Fat 2.5g	14%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 25g	9%
Dietary Fiber Less than 1g	2%
Total Sugars 16g	
Includes 14g Added Sugars	28%
Protein 2g	

Vit. D 0mcg 0% • Calcium 21mg 2%
Iron 0.5mg 2% • Potas. 350mg 8%

* 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.

CHOCOLATE



INGREDIENTS:
Sugar, wheat flour, coconut oil, defatted cocoa powder, whey powder, skim milk powder, soya flour, barley malt, soya lecithin, glucose syrup, vanilla and natural chocolate flavoring



Nutrition Facts

13 servings per container
Serving size 4 wafers (32g)

Amount per serving
Calories 150

% Daily Value*

Total Fat 5g	7%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 25g	9%
Dietary Fiber Less than 1g	2%
Total Sugars 16g	
Includes 14g Added Sugars	29%
Protein 2g	

Vit. D 0mcg 0% • Calcium 24mg 2%
Iron 0.4mg 2% • Potas. 338mg 8%

* 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.

LEMON



INGREDIENTS:
Sugar, wheat flour, coconut oil, whey powder, soya flour, skim milk powder, barley malt, lemon powder, soya lecithin, glucose syrup, natural lemon flavoring, vanilla and citric acid



Nutrition Facts

13 servings per container
Serving size 4 wafers (32g)

Amount per serving
Calories 160

% Daily Value*

Total Fat 6g	8%
Saturated Fat 3g	14%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 25g	9%
Dietary Fiber Less than 1g	1%
Total Sugars 17g	
Includes 14g Added Sugars	29%
Protein 1g	

Vit. D 0mcg 0% • Calcium 23mg 2%
Iron 0mg 0% • Potas. 481mg 10%

* 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.

VANILLA



INGREDIENTS:
Sugar, wheat flour, coconut oil, skim milk powder, whey powder, soya flour, barley malt, soya lecithin, glucose syrup, natural vanilla flavoring and vanilla



Nutrition Facts

13 servings per container
Serving size 4 wafers (32g)

Amount per serving
Calories 160

% Daily Value*

Total Fat 6g	7%
Saturated Fat 3g	14%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 24g	9%
Dietary Fiber Less than 1g	1%
Total Sugars 16g	
Includes 14g Added Sugars	29%
Protein 1g	

Vit. D 0mcg 0% • Calcium 30mg 2%
Iron 0mg 0% • Potas. 316mg 16%

* 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.

For more information, please contact us at info@cucinaandamore.com