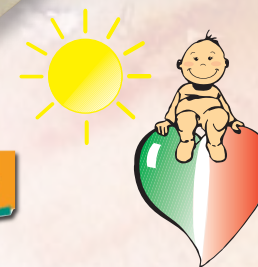
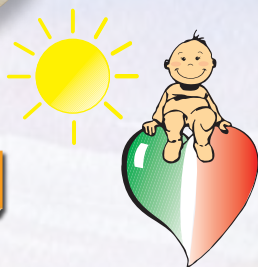


DAIKON OR WHITE RETTICA

Slim down to the root!

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DAIKON OR WHITE RETTICA

Slim down to the root!



Daikon or **White Rettica** is considered a natural fat burner, able to act on different parts of the body depending on whether eaten fresh or dried. It is also believed to have incredible THERAPEUTIC QUALITIES as well as a good nutrient content.

Besides being rich in alkaline minerals such as calcium, potassium, magnesium, iron, phosphorus, it contains vitamin C, vitamins B and fibre and finally thanks to its property to metabolize fat, it is considered to be a FAT BURNER.

It is not by chance that in Japan it is served in combination with tempura and fried cooking in general.

Thanks to its detoxifying, anti-swelling, diuretic and draining properties, it is recommended to those who wish to combat water retention and cellulite. It acts as a mucolytic and it is therefore useful for coughs and colds. And finally, it only has 15 calories per 100 grams.

Daikon has an antibiotic and anti-swelling action and improves the metabolism of estrogen by preventing hormone related diseases. It has diuretic, draining, detoxifying and digestive properties.

IT IS MIRACULOUS

Daikon or **White Rettica** is a vegetable of Asian origin introduced in Italy in the last few years.

Its appearance resembles that of a large white carrot. Its roots are similar to the cabbage and kale family (brassicaceae), whilst it has similar leaves to turnips.

The top of the root is sweet and can to be eaten raw, grated or flaked.

The lower part has a more intense and spicy flavour, therefore preferably steam cooked and then tossed in a frying pan.

The root is also tasty baked alone or with other vegetables, and topped with a good extra virgin olive oil and abundant herbs.

It can also be a great side dish for fish and a healthy secret ingredient in soups.

It can be stored in a cool dry place for a few weeks.



RECIPE

“Baked Daikon with Sweet Potatoes”

Ingredients: 1 daikon, 1 sweet potato, salt, pepper, extra virgin olive oil, rosemary, soy sauce

Preparation: Take the daikon and cut it into pieces, do the same with the potato and place in a baking dish. Season with extra virgin olive oil, salt, pepper, rosemary and soy sauce. Bake for 25-30 minutes at 200 ° C.

