PARMA
FOOD
lab

GREEN FOOD IDEAS

EARTH, LIGHT AND ENERGY

THE PLANT-BASED ALTERNATIVE TO CHEESE COMES FROM THE HEART OF CHICKPEAS

PARMA FOOD lab
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PORTO VIA
ITALIAN VEG FOOD

EARTH, LIGHT AND ENERGY

The plant-based alternative to cheese comes from the heart of chickpeas.

We forget this too often. Our Earth radiates energy: it transforms it into beauty and vitality that we call Nature. In order to integrate with its flow, we must respect it and attune ourselves with its breath, its rhythms, its pulse.

We reap rewards from the Earth from the moment we choose to sustain it. Technology and progress may advance but no discoveries or innovations have been realized without respecting the laws of Nature.

PORTO VIA
ITALIAN VEG FOOD

From the vitality of Nature, we have created a new line of plant-based products as an alternative stringy or grated cheese, based on fermented chickpeas.

The new range of plant-based foods brings all the benefits of legumes.

WHY CHOOSE US?

SUSTAINABILITY

We only use organic chickpeas which are locally sourced and harvested within 20 km of our head-quarters, located between the provinces of Parma and Reggio Emilia.

AWARENESS

Our cheese alternatives are 100% plant-based and contri-bute to a healthy and mindful diet. The consumption of legumes and chickpeas in Italy has increased by 47% in the last decade.*

VALUE

We process chickpeas in their Aquafaba ++ which is richer than standard chickpea water because it comes from fermented chickpeas. Rich in taste and prebiotic value.

*Coldiretti: https://www.coldiretti.it/consumi/giornata-legumi-volano-i-consumi-47-dai-ceci-ai-fagioli

PORTO VIA
ITALIAN VEG FOOD

Special because...

- 100% Plant-Based
- Made from fermented chickpeas
- 100% organic Italian chickpeas
- No colouring agents. Only fruit nectar
- No preservatives
- Only natural flavours
- Texture comparable to cheese
- Stringy even when baked (domestic oven)
- Melts in minutes
- Medium-long shelf life

Did you know?

Chickpeas represent a completely sustainable choice for the future. Chickpea plants reduce soil erosion and improve soil quality by taking nitrogen from the air and transferring it to the land. In many cases, they eliminate the need for fertilizers.

GLUTEN FREE · SOY FREE · LACTOSE FREE · ALLERGENS FREE

AQUA FABA++ · PLANT BASED · da CECI ITALIANI SOSTENIBILI

What is Aquafaba?

Aquafaba originated as chickpea cooking water or as a food stabilising water and can be used in cooking for sweet or savory recipes instead of egg whites. Our Aquafaba++ is even richer because it comes from the vigorous extraction of nutrients from fermented chickpeas.

PRODUCT RANGE
FOOD SERVICE

All Portovia plant-based products are made from chickpeas fermented by microorganisms which are also naturally present in dairy products.

This makes the products highly digestible and easy to absorb and contributes to their function as a prebiotic.

AQUA FABA++ | PLANT BASED | da CECI ITALIANI SOSTENIBILI

DELICATE *Filarella*

100% plant-based alternative to classic mozzarella. Made from organic fermented chickpeas – 100% Italian, milk-free and gluten-free, perfect for all dishes as an alternative to stringy cheeses and mozzarella. Ideal for delicious gourmet pizzas.

INGREDIENTS

Chickpea drink (water, chickpeas) high oleic sunflower oil, rice protein, salt, natural flavorings, onion, thickener: E407

POTENTIAL ALLERGENS
(Reg. CE 1169/2011 – All. II): NONE

TMC: 120 days

100% Plant Based

GLUTEN FREE · SOY FREE · LACTOSE FREE · ALLERGENS FREE

available
PACKAGING

WHOLE strand	BAG diced	BAG julienne
500g	500g	500g
1Kg	1Kg	1Kg

NUTRITION FACTS 100 grams

Energy value	259 Kcal/ 1073 KJ
Fats	22g
of which saturates	20g
Carbohydrates	13g
of which sugars	2g
Fiber	2,9g
Proteins	1,4g
Salt	1,7g

PRODUCT RANGE
FOOD SERVICE

All Portovia plant-based products are made from chickpeas fermented by microorganisms which are also naturally present in dairy products.

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AQUA FABA++ · PLANT BASED · da CECI ITALIANI SOSTENIBILI

SMOKED Filarella

100% plat-based alternative to scamorza cheese and smoked cheeses. Made from organic fermented chickpeas – 100% Italian, milk-free and gluten-free, perfect for all dishes as an alternative to smoked cheese.
Ideal for vegetable lasagna and delicious vegetarian main courses.

INGREDIENTS

Chickpea drink (water, chickpeas) high oleic sunflower oil, rice protein, salt, natural flavorings, liquid smoke, thickener: E407, dried onion powder, pepper.

POTENTIAL ALLERGENS
(Reg. CE 1169/2011 – All. II): NONE

TMC: 120 Days

100% Plant Based

GLUTEN FREE · SOY FREE · LACTOSE FREE · ALLERGENS FREE

available
PACKAGING

WHOLE strand	BAG diced	BAG julienne
500g	500g	500g
1Kg	1Kg	1Kg

NUTRITION FACTS 100 grams

Energy value	255 Kcal/1055 KJ
Fats	20,3g
of which saturates	18,6g
Carbohydrates	14,4g
of which sugars	0,3g
Fiber	3,4g
Proteins	1,7g
Salt	1,6g

PRODUCT RANGE
FOOD SERVICE

All Portovia plant-based products are made from chickpeas fermented by microorganisms which are also naturally present in dairy products.

This makes the products highly digestible and easy to absorb and contributes to their function as a prebiotic.

AQUA FABA++ · PLANT BASED · da CECI ITALIANI SOSTENIBILI

TASTY Filarella

100% plant-based alternative to cheddar-type melted cheeses. Made from organic fermented chickpeas – 100% Italian, milk-free and gluten-free, perfect for all dishes as an alternative to cheddar and stringy cheeses. Perfect for tasty gourmet burgers.

INGREDIENTS

Chickpea drink (water, chickpeas) high oleic sunflower oil, rice protein, salt, natural flavorings, colorant: E160b, thickener: E407

POTENTIAL ALLERGENS
(Reg. CE 1169/2011 – All. II): NONE

TMC: 120 Days

100% Plant Based

GLUTEN FREE · SOY FREE · LACTOSE FREE · ALLERGENS FREE

available
PACKAGING

WHOLE strand	BAG diced	BAG julienne
500g	500g	500g
1Kg	1Kg	1Kg

NUTRITION FACTS 100 grams

Energy value	328 Kcal/1356 KJ
Fats	30,2g
of which saturates	27,6g
Carbohydrates	12g
of which sugars	0,5g
Fibrer	2,8g
Proteins	0,9g
Salt	1,8g

PRODUCT RANGE
FOOD SERVICE

All Portovia plant-based products are made from chickpeas fermented by microorganisms which are also naturally present in dairy products.

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AQUA FABA++ · PLANT BASED · da CECI ITALIANI SOSTENIBILI

GRATED CHEESE
Grattosino

100% plant-based alternative to parmesan and grated cheeses. Made from organic fermented chickpeas – 100% Italian, milk-free and gluten-free, perfect for all dishes as an alternative to parmesan cheeses. Perfect for velvety risottos and to enhance vegetarian main courses.

OPTIMAL FOR MAIN COURSES

PERFECT RESULTS

INGREDIENTS

Starch*, chickpea drink (water, chickpeas), high oleic sunflower oil , cocoa butter *, apricot nectar *(apricot puree * 80%, water, cane sugar *), potato starch , salt, potato flakes *, dry yeast flakes, natural flavors, onion, garlic, acidifier: lactic acid.

* from organic farming

POTENTIAL ALLERGENS
(Reg. CE 1169/2011 – All. II): NONE

TMC: 180 Days

available
PACKAGING

WHOLE
1,2Kg

BAG
grated
500g
1Kg

100% Plant Based

GLUTEN FREE · SOY FREE · LACTOSE FREE · ALLERGENS FREE

NUTRITION FACTS 100 grams

Energy value	281 Kcal/ 1175 KJ
Fats	11g
of which saturates	3,4g
Carbohydrates	44,5g
of which sugars	0,3g
Fibrer	2,9g
Proteins	0,88g
Salt	2,06g

PRODUCT RANGE
RETAIL

All Portovia plant-based products are made from chickpeas fermented by microorganisms which are also naturally present in dairy products.

This makes the products highly digestible and easy to absorb and contributes to their function as a prebiotic.

AQUA FABA++ | PLANT BASED | da CECI ITALIANI SOSTENIBILI

DELICATE Filarella

SMOKED Filarella

TASTY Filarella

GRATED Grattosino

100% Plant Based

GLUTEN FREE · SOY FREE · LACTOSE FREE · ALLERGENS FREE

PERFECT STRINGY QUALITY

DOYPACK 150g
julienne or diced

DOYPACK 150g
julienne or diced

DOYPACK 150g
julienne or diced

DOYPACK 150g
grated

PRODUCT RANGE
RETAIL

All Portovia plant-based products are made from chickpeas fermented by microorganisms which are also naturally present in dairy products.

This makes the products highly digestible and easy to absorb and contributes to their function as a prebiotic.

AQUA FABA++ · PLANT BASED · da CECI ITALIANI SOSTENIBILI

GRATED CHEESE
Grattosino

100% plant-based alternative to parmesan and grated cheeses. Made from organic fermented chickpeas – 100% Italian, milk-free and gluten-free, perfect for all dishes as an alternative to parmesan cheeses. Perfect for velvety risottos and to enhance vegetarian main courses.

OPTIMAL FOR MAIN COURSES

PERFECT RESULTS

100% Plant Based

GLUTEN FREE · SOY FREE · LACTOSE FREE · ALLERGENS FREE

WHOLE **1,2Kg**

WEDGE **200g**
to be grated

PARMA FOOD lab

GREEN FOOD IDEAS

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PORTO VIA
ITALIAN VEG FOOD

AQUA FABA++

PLANT BASED

da CECI ITALIANI SOSTENIBILI