Which information should I provide for an annotated or unannotated version of an assembly?

Short Answer

Initially, you should provide the minimal information required.

Detailed Answer

The minimal information is:

- ASSEMBLYNAME: Unique assembly name
- COVERAGE: The estimated depth of sequencing coverage
- PROGRAM: The assembly program

Optional information includes:

- MINGAPLENGTH: Minimum length of consecutive Ns to be considered a gap
 MOLECULETYPE: 'genomic DNA', 'genomic RNA' or 'viral cRNA'
- DESCRIPTION: Free text description of the genome assembly

Further information to the respective ENA docs here.