

## 200028C Broccoli (Greens)



**Pack Size:** 10 X 1KG

**Details:** Cook from frozen. Perfect for stir fries, pasta dishes and salads.

### Allergen Information

**Free from:**

Cereal, Celery, Soya, Crustaceans, Eggs, Fish, Gluten, Lupin, Milk, Molluscs, Mustard, Nuts, Peanuts, Sesame, Sulphur Dioxide

**Suitable for:**

Coeliacs, Vegetarians, Vegan

### Handling Information

**Directions For Use:**

Best cooked from frozen

Add the deepfrozen vegetables to boiling water and cook over a gentle heat for approx. 6 - 8 min.

Season to taste

**Storage Instructions:**

Refrigerator: 24 hours

Freezer compartment: 48 hours

Freezer -18°C: see expiry date

### Product Ingredients

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Broccoli florets (100%)

### Nutritional Information

**Typical Values per 100g/ml:**

Based on a reference intake of an average adult (8400kJ/2000kCal) diet

**Energy:**

26 kcal / 110 kJ

**Fat:**

0 g

**of which saturates:**

0 g

**Carbohydrates:**

2 g

**of which sugars:**

2 g

**Fibre:**

3.1 g

**Protein:**

3 g

**Salt:**

0.03 g

All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.

