



200832C Cauliflower Florets (Chefs Selections)



Pack Size: 4 X 2.5KG

Details: Cook from frozen. Perfect for curries, casseroles or simply serve with a delicious cheese sauce.

Allergen Information

Free from:

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

Suitable for:

Coeliacs, Vegetarians, Vegan

Handling Information

Directions For Use:

For best results, cook from frozen. Do not eat raw.

Boil - Add frozen cauliflower florets to boiling water. Bring the contents back to the boil. Cover the pan and simmer for approximately 5-6 minutes until tender.

Microwave - Place frozen cauliflower florets into a microwave proof dish. Add 2

Storage Instructions:

Keep frozen. Store below -18°C. Do not refreeze once defrosted.

Product Ingredients

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Cauliflower florets (100%)

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

22 kcal / 93 kJ

Fat:

0.2 g

of which saturates:

0 g

Carbohydrates:

2.1 g

of which sugars:

1.6 g

Fibre:

2.2 g

Protein:

1.9 g

Salt:

0.05 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.

