



## 205400C Broccoli (Chefs Selections)



**Pack Size:** 4 X 2.5KG

**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:**

Boil - Add frozen broccoli 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 broccoli florets into a microwave proof dish. Add 2 tablespoons of water, cover and microwave on full power for 4 minutes (800W) stirring

**Storage Instructions:**

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

### 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.

