



205400S Broccoli (Chefs Selections)



Pack Size: 2.5KG BAG

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

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:

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.

