

Broccoli Florets

UNIT: 12 x 1 kg



Description

High grade quality broccoli florets, grown by a family owned and run business in the heart of Flanders fertile fields. Perfectly situated on one central site, broccoli is processed at the peak of freshness and frozen to lock in all of nature's nutrients. The BRC AA grade factory maintaining the high quality needs for the concerning foodservice industry.



Allergen Information



Cereal



Milk



Eggs



Peanuts



Nuts



Crustaceans



Mustard



Fish



Lupin



Sesame



Celery



Soya



Molluscs



SO2

Specifications

Nutrition

Typical Values	Per 100g/ml
Energy	110 kJ 26 kcal
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

Allergens

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

Dietary Information

No	Suitable for Vegetarians	Yes
-	Suitable for Vegans	Yes
No	Suitable for Sufferers of Lactose Intolerance	
No	Suitable for Coeliacs	
No	Approved for a Halal Diet	No
No	Approved for a Kosher Diet	No
No		
No		
No		
No		
No		
No		

Ingredients

Broccoli florets

Directions for Use

For best results, cook from frozen.

Boiling Method: Place 250g of Broccoli Florets in a saucepan with sufficient boiling water to cover. Bring the contents back to the boil. Cover the pan and simmer for 5-6 minutes until tender. Drain and Serve.

Microwave Guidelines: Per 250g – place contents into a microwavable container, add 1-2 tablespoons of water then cover and pierce. Heat on full power for 6 minutes (750W) or 5 1/2 minutes (650W).

Stir broccoli florets halfway through cooking. Drain and serve.

Cooking appliances vary. These instructions are given only as a guide. Ensure the product is piping hot before serving. For ovens of different power, heating time must be increased or decreased accordingly.

Storage

Instructions

Keep frozen

* Up to 1 week

** Up to 1 month

*** -18°C or colder Up to 3 months

**** -18°C or colder Until Best Before

Date

Do not refreeze after defrosted.

Packaging

GTIN: 5060154031799

Inner GTIN: 5060154033106

Weight/Volume:

Packaging Type: Polythene Bag

Country of Origin

Portugal (n/a)

All Allergen and Nutrition information drawn from www.erudus.com on 31/08/2025