



Cauliflower Florets

UNIT: 4 x 2.5 kg



Description

High grade quality cauliflower florets, grown by a family owned and run business in the heart of Flanders fertile fields. Perfectly situated on one central site, cauliflower 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.

Conveniently packed in 1kg and 2.5kg bags, these versatile products are suitable for steaming, stir-frying and microwave cooking minimising waste offering better value over fresh.



Allergen Information



Cereal



Milk



Eggs



Peanuts



Nuts



Crustaceans



Mustard



Fish



Lupin



Sesame



Celery



Soya



Molluscs



SO2

Specifications

Nutrition

Typical Values	Per 100g/ml
Energy	93 kJ 22 kcal
Fat	0.5 g
- of which saturates	0.1 g
Carbohydrates	2.1 g
- of which sugars	1.6 g
Fibre	2.2 g
Protein	1.9 g
Salt	0.05 g

Allergens

Contains Cereal	No	Suitable for Vegetarians	Yes
Contains Gluten	-	Suitable for Vegans	Yes
Contains Milk	No	Suitable for Sufferers of Lactose	
Contains Eggs	No	Intolerance	
Contains Peanuts	No	Suitable for Coeliacs	
Contains Nuts	No	Approved for a Halal Diet	No
Contains Crustaceans	No	Approved for a Kosher Diet	No
Contains Mustard	No		
Contains Fish	No		
Contains Lupin	No		
Contains Sesame	No		
Contains Celery	No		
Contains Soya	No		
Contains Molluscs	No		
Contains Sulphur Dioxide	No		

Dietary Information

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

Ingredients

Cauliflower florets

Directions for Use

For best results, cook from frozen.

Boiling Method: Place 250g of Cauliflower 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 (650W) or 5 1/2 minutes (750W).

Stir cauliflower florets halfway through cooking. Drain and serve.

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: 5060154031768

Inner GTIN: 5060154033076

Weight/Volume:

Packaging Type: Polythene Bag

Country of Origin

Belgium (n/a)

All Allergen and Nutrition information drawn from www.erudus.com on 21/01/2026