

# 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  
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

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](http://www.erudus.com) on 01/02/2026