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 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

Contains Cereal	No
Contains Gluten	-
Contains Milk	No
Contains Eggs	No
Contains Peanuts	No
Contains Nuts	No
Contains Crustaceans	No
Contains Mustard	No
Contains Fish	No
Contains Lupin	No
Contains Sesame	No
Contains Celery	No
Contains Soya	No
Contains Molluscs	No
Contains SO2	No

Nutrition

Typical Values	Per 100g/ml
Energy	87 kJ
	21 kcal
Fat	0.3 g
- of which saturates	0.1 g
Carbohydrates	1.7 g
- of which sugars	1.6 g
Fibre	2.1 g
Protein	1.8 g
Salt	0.05 g

Dietary Information

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

Ingredients

Cauliflower florets

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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: S06110420C1I
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 29/10/2026

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