

04386 | Everyday Favourites | 2.5kg

Everyday Favourites Broccoli Florets

An 80g portion of Broccoli Florets counts as one of your 5-a day

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Description

Legal Product Name	Broccoli Florets
Unique Marketing Statement	An 80g portion of Broccoli Florets counts as one of your 5-a day
Brand Name	Everyday Favourites
Country of Origin	Portugal

Ingredients

Ingredients	Broccoli Florets.
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	31
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Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	153 kJ
Energy (Kilocalories)	37 kcal
Fat, Total	0.9 g
Saturated	0.1 g
Carbohydrate	2.3 g
Sugars	1.4 g
Dietary Fibre, Total	3 g
Protein, Total	3.3 g
Salt	0.033 g
Sodium	13 mg

Allergens

Cereals containing Gluten (and products thereof)	Does NOT Contain
Wheat	Does NOT Contain
Rye	Does NOT Contain

Barley	Does NOT Contain
Oats	Does NOT Contain
Crustaceans (and products thereof)	Does NOT Contain
Egg and Egg Products	Does NOT Contain
Fish and Fish Products	Does NOT Contain
Peanut and Peanut Products	Does NOT Contain
Soybean and Soybean Products	Does NOT Contain
Milk and Milk Products	Does NOT Contain
Tree Nuts (and products thereof)	Does NOT Contain
Almonds	Does NOT Contain
Hazelnuts	Does NOT Contain
Walnuts	Does NOT Contain
Cashews	Does NOT Contain
Pecan nuts	Does NOT Contain
Brazil nuts	Does NOT Contain
Pistachio nuts	Does NOT Contain
Macadamia or Queensland nuts	Does NOT Contain
Celery / Celeriac (and products thereof)	Does NOT Contain
Mustard (and products thereof)	Does NOT Contain
Sesame Seeds and Sesame Seed Products	Does NOT Contain
Sulphur Dioxide and Sulphites (>10mg/kg)	Does NOT Contain
Lupin (and products thereof)	Does NOT Contain
Molluscs (and products thereof)	Does NOT Contain

Dietary Information

Halal Certified	No
Kosher Certified	No
Suitable for Vegan	Yes
Suitable for Vegetarian	Yes

Organic Certificate	No Organic certificate
Can any Ethical or Fairly traded claims be made?	No ethical or fairtrade claim
Can any other sustainability claims be made for this product?	None
Does any other assurance scheme apply to this product?	No assurance scheme

Preparation Suggestions

Is the product ready to eat?	To be cooked before being consumed.
Microwave Instructions From Frozen	Microwave - 800W Category E - full power - 4 mins Place broccoli into a non-metallic container and add 2 tablespoons of water. Cover with lid or microwaveable film. Cook for time stated above then allow to stand for 1 minute, drain and serve. Ensure food is piping hot throughout before serving.
Other From Frozen	Boil - High heat reducing to low - 4-6 mins. Place broccoli florets in boiling water. Cover, return to the boil then simmer for the time stated above. Drain well before serving.

Packaging

Do you have any packaging environmental claims?	Recyclable
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