



BROCCOLI FLORETS IQF
2500 G



Ingredients

Broccoli.

Product Sheet

| | |
|--------------------|---------------|
| Product Code | 301137 |
| EAN Confezione | 8003495011379 |
| Weight (G) | 2500 |
| Packs Per Carton | 3 |
| Cartoni Per Pallet | 54 |

Directions

Steam Oven

Put the frozen product on a perforated pan, place it in the steam oven at 98C and bake for 9 minutes. Remove product from oven and use as desired.

Pan

Pour the frozen product in a non-stick pan with a drizzle of EVO and 6 spoonfuls of water, cover and cook for 20 minutes over medium heat. Use as desired.

Pot

Pour the frozen product in salted boiling water, wait for water to boil and cook for 8 minutes, drain and use as desired.

Nutrition Facts

| | For 100 G |
|-----------------------|------------------|
| Energy | 102 kJ / 24 kcal |
| Total fat | 0 g |
| Saturated fatty acids | 0 g |
| Carbohydrate | 2 g |
| Sugars | 1.8 g |
| Fiber | 3 g |
| Proteins | 2.6 g |
| Salt | 0.05 g |