



FRIARIELLI PORTIONS "FOGLIA PIÙ" (WHOLE LEAF PORTIONS) 1000 G



Ingredients

Friarielli (broccoli rabe tips).

Product Sheet

Product Code	310053
EAN Confezione	8003495100530
Weight (G)	1000
Packs Per Carton	6
Cartoni Per Pallet	81

Directions

Steam Oven

Put the frozen product onto a perforated pan in a steam oven at 98C. Wait for the oven to heat up to 98C and steam for 12 minutes. Remove from the oven and use as desired.

Pan

Pour the frozen product in a non-stick pan with a drizzle of oil and 5 tablespoons of water, cover and cook for 18 minutes over medium heat. Use as desired.

Pot

Pour the frozen product in salted boiling water, wait for water to boil and cook for 14 minutes, drain, gently squeeze and use as desired.

Nutrition Facts

	For 100 G
Energy	122 kJ / 29 kcal
Total fat	0.7 g
Saturated fatty acids	0 g
Carbohydrate	1 g
Sugars	0.3 g
Fiber	3.5 g
Proteins	3 g
Salt	0.05 g