

24259 | Everyday Favourites | 2.5kg

Everyday Favourites Broccoli Florets 20-40mm

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	Spain

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)	182 kJ
Energy (Kilocalories)	43 kcal
Fat, Total	0.6 g
Saturated	0.15 g
Carbohydrate	3.2 g
Sugars	1.9 g
Dietary Fibre, Total	4.0 g
Protein, Total	4.3 g
Salt	0.0225 g
Sodium	9 mg

Allergens

Cereals containing Gluten (and products thereof)	Does NOT Contain
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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 E - Full power - 5 minutes. Cook from frozen. Remove required amount from packaging. Place into microwavable dish. Cover and vent. Cook for 5 minutes on full power Drain well and serve Ensure food is piping hot throughout before serving. Microwave performance may vary by model. Adjust cooking time as needed.

Other	Hob: Cook from frozen. Remove required amount from packaging and place in a saucepan. Cover with water, bring to the boil. Cook for 4 minutes on medium to high heat. Drain well and serve
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Packaging

Do you have any packaging environmental claims?	Recyclable
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