



## Country Range Broccoli 2.5 kg

### Ingredients & Allergens

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**Country of Origin:**

Portugal

**Ingredients:**

Broccoli.

## Nutrition - Typical per 100g

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Energy	110 / 26
Fat	0
Saturates	0
Carbohydrates	2
Sugars	2
Fibre	3.1
Protein	3
Salt	0

## Dietary

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### Suitability

Vegetarian	yes
Vegan	yes
Halal Diet	yes
Kosher Diet	no

### Contains

Cereals	no
Gluten	-
Milk	no
Egg	no
Peanuts	no
Brazil Nut	no
Crustaceans	no
Mustard	no
Fish	no
Lupin	no
Sesame	no
Celery	no
Soya	no
Molluscs	no
Sulphur Dioxide	no

## Handling & Cooking

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### Directions for Use

Cook from frozen. Do not eat raw. To boil: add frozen broccoli to boiling water and simmer for approximately 6 minutes. To microwave: place 250 g in a non-metallic bowl, add 2 - 3 tablespoons of water and cover. Cook on full power for 6 minutes on 650 w, stirring halfway through cooking.

### Storage Instructions

\*7 days, \*\* 30 days, \*\*\* see best before, \*\*\*\* see best before. To be stored at -18°C or colder. Ice making compartment: 3 days. Refrigerator: 24 hours. Eat on day of purchase if not kept frozen. Do not re-freeze after thawing. Do not eat raw.

## Packaging

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### Primary packaging type

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### Primary packaging dimensions

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### Inner Unit Length in ( mm )

530.0000

### Inner Unit Height in ( mm )

50.0000

### Inner Unit Width in ( mm )

300.0000

### Outer Unit Length in ( mm )

383.0000

### Outer Unit Height in ( mm )

310.0000

### Outer Unit Width in ( mm )

248.0000

### Disclaimer:

Disclaimer: All information is subject to change without notice. Our product details, including but not limited to, product names, descriptions, specifications and images, is not intended to constitute the full legal description of the products, and does not necessarily include all information. Country Range may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging.