



FROZEN VEGETABLES

IQF VEGETABLES

OTHER IQF VEGETABLES

Product Description

- Florets are prepared from varieties of the Brassica Oleracea type, individually prepared and frozen.

Pack and Case Specifications

Pack Net Weight

2lb

Packs per Case

12

Case Size (LxWxH)

15.75" x 11.81" x 11.1"

Case Cube

1.20ft³

Case Gross Weight

25.2lb

Cases per Pallet

70 (10/7)

Ingredients

100 % ROMANESCO.

Physical

Size: 20-40 mm.
Major Stain: <6%, Minor Stain: <13%
Overblown/non-compact floret: <6%
Size: up to 8%<20 mm, 20%>45mm

Organoleptic

Flavor: Typical, not bitter.
Color/Appearance: Light green color, consistent size.
Texture: Compact product, lightly firm and consistent stem texture, non-fibrous.

Nutrition

Nutrition Facts

Serving Size 1 cup (80g)
Servings Per Container 11

Amount Per Serving
Calories 25 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 20mg 1%

Total Carbohydrate 4g 1%

Dietary Fiber 2g 8%

Sugars 1g

Protein 2g

Vitamin A 10% • Vitamin C 60%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Allergens

NO ALLERGENS.

Cooking Directions

Stove Top

Bring water to full boil in a covered saucepan. Add frozen broccoli and simmer for 3 minutes.

Certificates and Claims

GMO-free, non ionized.
Kosher.

Storage and Shelf Life

Store in freezer below 0°F (-18°C). Keep frozen until ready to use. Do not thaw and refreeze. Shelf life: 24 months.

UPC code

