



Broccoli florets 12/2lb

Flequettes de brocoli

PRODUCT OF EGYPT

40909

- ▶ FROZEN VEGETABLES
- ▶ IQF VEGETABLES
- ▶ OTHER IQF VEGETABLES

Product Description

- White Toque's line of gourmet vegetables is selected from the highest grade of specialty vegetables. Those vegetables are preserved by individually quick freezing to retain texture and flavor of the fresh produce.



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

26lb

Cases per Pallet

70 (10/7)

Ingredients

Broccoli florets

Physical

Floret diameter: 1.58" to 2.36"

Nutrition

Nutrition Facts

Serving Size 1 Cup (85g)
Servings Per Container about 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 0g

Protein 2g

Vitamin A 10% Vitamin C 60%

Calcium 0% Iron 0%

*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

Organoleptic

Flavor: Typical of Broccoli
Color: Bright distinct green
Texture: Tender

Allergens

Cooking Directions

Stove Top

Bring water to full boil in a covered saucepan. Add frozen broccoli and simmer for 5 to 7 minutes.

Microwave

Place broccoli in microwaveable dish, add 2-4 tablespoons of water. Cover and heat for approximately 2-3 minutes, stir, drain excess water, season to taste and serve.

Certificates and Claims

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



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