



Nutrition		
Servings Per Package: 20		Serving Size: 75g
	Ave. Quantity Per Serving	Ave. Quantity Per 100g
Energy	98kJ	131KJ
Protein	3.5g	4.7g
Fat, Total	0.2g	0.3g
- Saturated	<0.1g	0.1g
Carbohydrate	<1.0g	<1.0g
- Sugars	<1.0g	<1.0g
Dietary Fibre	3.1g	4.1g
Sodium	16.0mg	21.0mg
< Means Less Than		

Ingredients
Broccoli.



Simplot[®]

Broccoli Florets

Individually quick frozen broccoli florets harvested by hand.

Product Specification		Shipping Information	
SKU	42096	Length	379 MM
Pack Size	6 x 1.5kg	Width	281 MM
Brand	Edgell [®]	Height	330 MM
Gross Wt	9.68KG	Shelf Life	720 days
Net Wt	9KG		
Vegetarian	Y		
Halal Certified	Y		
Vegan	Y		

Please Note: Due to formulation changes, specification information on product packaging is most current.

Preparation Instructions For Food Safety and Quality		
Method Type	Time	Temperature
Steamer Place frozen broccoli in a single layer onto a perforated tray and steam for 7 minutes or until tender.	7 minutes	100°C
Stove Top / Sauté Add 200g of frozen broccoli to boiling water and return to boil. Simmer for 3 minutes or until tender.	3 minute	100°C
Microwave Place 200g of frozen broccoli into a microwave-safe dish, cover, and microwave on high for 3-3½ minutes.	3-3½ minutes	High

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