

24259 | Homestead | 2.5kg

## Broccoli Florets 20-40mm

Broccoli florets, simply frozen after being expertly prepared. Frozen within hours to capture the peak of freshness. 80g equals one of your 5 a day

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### Description

Unique Marketing Statement	Broccoli florets, simply frozen after being expertly prepared. Frozen within hours to capture the peak of freshness. 80g equals one of your 5 a day
Brand Name	Congelados De Navarra CN
Country of Origin	Spain - ES - ESP - 724

### Ingredients

Ingredients	Broccoli
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

### Nutrition

Servings per Consumer Unit (Inner)	31
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	142 kJ
Energy (Kilocalories)	34 kcal
Fat, Total	0.5 g
Saturated	0.1 g
Carbohydrate	2.8 g
Sugars	1.6 g
Dietary Fibre, Total	2.8 g
Protein, Total	3.3 g
Salt	0.02 g
Sodium	9 mg

### Allergens

Cereals containing Gluten (and products thereof)	Does NOT Contain
Wheat (as an ingredient)	Does NOT Contain
Rye (as an ingredient)	Does NOT Contain
Barley (as an ingredient)	Does NOT Contain
Oats (as an ingredient)	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 (as an ingredient)	Does NOT Contain
Hazelnuts (as an ingredient)	Does NOT Contain
Walnuts (as an ingredient)	Does NOT Contain
Cashews (as an ingredient)	Does NOT Contain
Pecan nuts (as an ingredient)	Does NOT Contain
Brazil nuts (as an ingredient)	Does NOT Contain
Pistachio nuts (as an ingredient)	Does NOT Contain
Macadamia or Queensland nuts (as an ingredient)	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?	No
Oven	No
Oven From Frozen	No
Microwave Instructions	No
Fry	000
Grill	No
Other	00For best results boil from frozen. Place in a saucepan of boiling water. Bring to the boil. Cover and simmer for 3-4 minutes. Drain well before serving.

## Packaging

Do you have any packaging environmental claims?

No environmental packaging claim