

83372 | 3663 | 4-2.5kg

Everyday Favourites Cauliflower Florets

Prepared By An Appropriate Freezing Process From Freshly Harvested, Clean, Sound, Compact Heads Of Suitable Varieties Of The Species Brassica Oleracea Var. Botrytis L., Harvested At An Early, Even Stage Of Maturity.

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Description

Legal Product Name	Cauliflower Florets
Unique Marketing Statement	Prepared By An Appropriate Freezing Process From Freshly Harvested, Clean, Sound, Compact Heads Of Suitable Varieties Of The Species Brassica Oleracea Var. Botrytis L., Harvested At An Early, Even Stage Of Maturity.
Brand Name	3663
Country of Origin	Belgium

Ingredients

Ingredients	Cauliflower Florets
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)	127 kJ
Energy (Kilocalories)	30 kcal
Fat, Total	0.5 g
Saturated	0.1 g
Carbohydrate	2.8 g
Sugars	2 g
Dietary Fibre, Total	1.4 g
Protein, Total	2.9 g
Salt	0.041 g
Sodium	16 mg

Allergens

Cereals containing Gluten (and products thereof)	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
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

Preparation Suggestions

Is the product ready to eat?	No
Microwave Instructions From Frozen	Microwave - 800W Category E - 4½ mins. Place cauliflower into a non-metallic container and add 2 tablespoons of water. Cover with lid or microwaveable film. Cook on full power for time stated above, stirring halfway through cooking. Allow to stand for 1 minute, drain and serve.Ensure food is piping hot throughoutbefore serving.
Other From Frozen	Boil - High heat reducing down to low for 3-4 mins. Place cauliflower in boiling water, cover, return to boil and simmer for time stated. Drain well before serving.

Packaging

Do you have any packaging environmental claims?	Recyclable
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