

UPC: 000-86289-20740-0

Sales/Marketing

High quality broccoli, pre-cut into a convenient size. Field-fresh flavor without the prep or waste. Tightly beaded, tender and crisp. IQF frozen—use just what you need. Great portion control. IMPORTED FROM MEXICO/GUATEMALA.

Packaging

20# BAG. KEEP FROZEN.

Preparation

To serve cold: For food safety and quality prepare vegetable as stated below. Then cool as rapidly as possible to refrigerated temperature. Stove Top: Turn temperature to high. Bring 4 quarts water to boil in a 7 quart pot. Add frozen Broccoli. Cook 2 1/2 minutes for 1 pound or 5 minutes for 2 pounds. Steamer: Arrange frozen Broccoli in a half size slotted steam table pan. Cook 2 1/2 minutes for 1 pound or 3 minutes for 2 pounds. Saute 14" pan: Turn temperature to high. Heat 2 tablespoons oil and 3 tablespoons butter. Add frozen Broccoli. Stir constantly and adjust temperature to minimize browning. Add 1 tablespoon water every 5 minutes. Cook 20 minutes for 2 pounds. Microwave (1100 watt): Place 4oz. frozen Broccoli in a covered microwave bowl. Cook on high 1 3/4 minutes. Microwave (1100 watt): Place 1 pound frozen Broccoli in a covered microwave

Ingredients

BROCCOLI CUTS

Allergy Info

(Manufacturers are asked to review for the following allergens: milk, egg, peanut, wheat, soy, tree-nut, and shellfish. If applicable, they will appear below.)

NONE

Nutrition Facts

Serving Size	3 oz
Servings Per Case	160.00
Amount Per Serving	% DV*
Calories 25.0	1%
Sodium 15.0mg	1%
Total Carbohydrates 4.0g	1%
Dietary Fiber 2.0g	8%
Sugars 1.0g	0%
Protein 2.0g	4%
Vitamin A 400.0 IU	8%
Vitamin C 42.0mg	70%
Calcium 20.0mg	2%
Iron 0.4mg	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.

School Equivalents

Serving Size	1/4 c cooked
Meat/Meat Alternatives	
Fruit/Vegetables	1
Grain/Bread	
Milk	
Child Nutrition	NO

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