

Product Information Sheet

Product Code 324740

Weight 480g

Product Type Large / Multi-Portion

Product Name Broccoli

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	159kJ	128kJ
Energy (kcal)	38kcal	30kcal
Fat	0.9g	0.7g
Saturated	0.2g	0.2g
Monounsaturated	0.1g	0.1g
Polyunsaturated	0.5g	0.4g
Carbohydrate	1.8g	1.4g
of which sugars	1.5g	1.2g
Fibre	2.6g	2.1g
Protein	4.4g	3.5g
Sodium	8mg	6mg
Salt equivalent	0.02g	0.02g
Potassium	170mg	136mg

Ingredient Declaration

broccoli.

Energy Dense Gluten Free Celery Cheese Low Salt Vegetarian Low Saturated Fat Healthier Choice Vegan Milk & Milk Derivatives Reduced Sugars Low Sugars 2 of 5 a Day Mustard	Alcohol Beef Celery Cheese Crustacean Egg & egg derivatives Fish Garlic Gluten Milk & milk derivatives
Gluten Free Low Fat Cheese Low Salt Vegetarian Low Saturated Fat Healthier Choice Vegan Milk & Milk Derivatives Reduced Sugars Low Sugars 2 of 5 a Day Mustard	Celery Cheese Crustacean Egg & egg derivatives Fish Garlic Gluten
Low Fat Low Salt Vegetarian Low Saturated Fat Healthier Choice Vegan Milk & Milk Derivatives Mollusc Low Sugars And Soft S a Day Mustard Cheese Crustacean Fish Garlic Lupin Milk & Milk Derivatives Mushroom Mustard Mustard	Cheese Crustacean Egg & egg derivatives Fish Garlic Gluten
Low Salt Vegetarian Low Saturated Fat Healthier Choice Vegan Soft Reduced Sugars Low Sugars 2 of 5 a Day Low Salt Crustacean Figh Garlic Lupin Milk & Milk Derivatives Mollusc Mushroom Mustard Mustard	Crustacean Egg & egg derivatives Fish Garlic Gluten
Vegetarian Low Saturated Fat Healthier Choice Vegan Soft Reduced Sugars Low Sugars 2 of 5 a Day Crustacean Egg & Egg Derivatives Fish Garlic Lupin Milk & Milk Derivatives Mollusc Mushroom Mustard	Egg & egg derivatives Fish Garlic Gluten
Low Saturated Fat Healthier Choice Vegan Vegan Milk & Milk Derivatives Reduced Sugars Low Sugars 2 of 5 a Day Mustard	Fish Garlic Gluten
Low Saturated Fat Healthier Choice Vegan Milk & Milk Soft Reduced Sugars Low Sugars Low Sugars 2 of 5 a Day Mustard	Garlic Gluten
Healthier Choice Vegan Milk & Milk Soft Derivatives Reduced Sugars Low Sugars Low Sugars 2 of 5 a Day Mustard	Gluten
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Vegan Milk & Milk Derivatives Reduced Sugars Mollusc Low Sugars Mushroom Mustard	Milk & milk derivatives
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Low Sugars 2 of 5 a Day Mollusc Mushroom Mustard	Mollusc
2 of 5 a Day Mushroom Mustard	Mushroom
2 of 5 a Day Mustard	Mustard
3 of 5 a Day	Nuts
I INITE	Onion
Reducing	Peanuts
High Protein	Soya
Easy Chew	Sulphur dioxide/sulphites
Free From Wilk	>10mg/kg
SourceFibre	Tomato
SourceOfProtein	Yeast
Yeast	
Almond	
Brazil	
Cashew	
Hazlenut	
Macadamia 🗸	
Pecan	
Pistachio	
Queensland	
Walnut	
Wheat	
Rye	
Barley	
Oats	

Cooking Guidelines (all ovens may vary)

Cook with lid on. Cook from frozen.

Store at -18°C, do not refreeze once thawed

Product Type Small / T

Product Type Small / Twin **Product Name** Broccoli

Weight 160g

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	159kJ	128kJ
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1 of 5 a Day Alcohol Alcohol Energy Dense Beef Beef Gluten Free Celery Celery Low Fat Cheese Cheese Low Salt Crustacean Crustacean Vegetarian Egg & Egg Derivatives Egg & egg derivatives Fish Garlic Garlic Garlic Lupin MIlk & Milk Garlic Soft Derivatives Mollusc Mulls & Milk & milk derivatives Mulls & Milk & milk derivatives Soft Derivatives Mollusc Mustroom Mustroom Mustroom Low Sugars Mollusc Mustroom Mustroom Mustroom Mustroom 2 of 5 a Day Mustroom Mustroom Mustroom Mustroom Mustroom Reducing Nots Onion Peanuts Soya Soya Soya Source-Fibre Soya Tomato Yeast Yeast Yeast Almond Hazlenut Yeast Yeast Yeast Yeast	Diet Coding		Made Without		Free From	
Gluten Free	1 of 5 a Day		Alcohol	/	Alcohol	
Low Fat	Energy Dense		Beef	/	Beef	
Low Salt	Gluten Free	/	Celery	/	Celery	
Vegetarian	Low Fat	/	Cheese	/	Cheese	
Fish Garlic Gluten Healthier Choice	Low Salt	/	Crustacean		Crustacean	
Fish Garlic Gar	Vegetarian	/	Egg & Egg Derivatives	1/	Egg & egg derivatives	
Mealthier Choice Cupin Milk & Milk Milk & M	Low Saturated			1/	Fish	
Healthier Choice	Fat		Garlic	1./	Garlic	
Vegan	Healthier Choice	/		/		
Soft Derivatives Mollusc Mushroom Mushroom Mustard Nuts Onion Peanuts Soya Sulphur dioxide/sulphites Soya Tomato Yeast Macadamia Pecan Pecan Macadamia Pecan Pecan Macadamia Pecan Macadamia	Vegan	/			Milk & milk derivatives	
Low Sugars Mushroom	Soft			/	Mollusc	
Low Sugars Mushroom	Reduced Sugars		Mollusc		Mushroom	
2 of 5 a Day Mustard Wustard Mustard Mustard Nuts Onion Peanuts Soya Soya Free From Milk SourceFibre SourceOfProtein Fasy Labeled All Macadamia Pecan Pistachio Queensland Walnut Wheat Rye Barley Nuts Onion Nuts Onion Peanuts Soya Soya Sulphur dioxide/sulphites > 10mg/kg Tomato Yeast Veast Veast Veast Veast Almond Almond Veast Veast Almond Veast Veast Almond Veast Veast Veast Almond Veast Veas	Low Sugars					
Reducing Reducing High Protein Easy Chew Free From Milk SourceFibre SourceOfProtein Reazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Reducing Onion Peanuts Soya Sulphur dioxide/sulphites Soya Sulphur dioxide/sulphites Yeast Yeast Yeast Almond Brazil Cashew Hazlenut Macadamia Vecan Pistachio Queensland Walnut Wheat Rye Barley	2 of 5 a Day			/	Nuts	
Reducing High Protein Easy Chew Free From Milk SourceFibre SourceOfProtein Panut Soya Sulphur dioxide/sulphites >10mg/kg Tomato Tomato Tomato Yeast Almond Brazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat Rye Barley	3 of 5 a Day			/		
High Protein Easy Chew Free From Milk SourceFibre SourceOfProtein Yeast Almond Brazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat Rye Barley	Reducing					
Easy Chew Free From Milk SourceFibre SourceOfProtein Free From Milk SourceOfProtein Soya Tomato Yeast Almond Brazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat Rye Barley Sesame >10mg/kg Tomato Yeast Almond Amato Yeast Veast Veast Almond Veast Almond Veast Almond Veast Veast Almond Veast Veast Veast Veast Veast Veast Veast Veast Almond Veast	High Protein					
SourceFibre SourceOfProtein Soya Tomato Yeast Yeast Almond Brazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat Rye Barley Soya Tomato Yeast Tomato Yeast Almond Yeast Yeast Almond Yeast Yeast Almond Yeast Almond Yeast Almond Yeast Yeast Almond Nation Yeast Yeast Almond Nation Yeast Yeast Almond Nation Yeast Yeast Yeast	Easy Chew	/		\ <u>\</u>		
SourceOfProtein Tomato Yeast Yeast Almond Brazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat Rye Barley	Free From Milk			\ <u>\</u>		•
Yeast Almond Brazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat Rye Barley	SourceFibre			\ <u>\</u>		
Almond Brazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat Rye Barley	SourceOfProtein			/	Yeast	
Brazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat Rye Barley			Yeast	//		
Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat Rye Barley			Almond	//		
Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat Rye Barley			Brazil	/		
Macadamia Pecan Pistachio Queensland Walnut Wheat Rye Barley			Cashew	/		
Pecan Pistachio Queensland Walnut Wheat Rye Barley			Hazlenut	/		
Pistachio Queensland Walnut Wheat Rye Barley			Macadamia	/		
Queensland Walnut Wheat Rye Barley			Pecan	/		
Walnut Wheat Rye Barley			Pistachio	/		
Walnut Wheat Rye Barley			Queensland	/		
Wheat Rye Barley						
Rye Barley					•	
Barley						

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