

McCain Classics

BROCCOLI FLORETS



FOODSERVICE
SOLUTIONS

McCain's versatile quick frozen Broccoli Florets are perfect for main meals, salads and side-plate options. These all-round green vegetables offer excellent portion control to aid menu price consistency.

PRODUCT INFORMATION



Product Code
3033

Inner Barcode
6009650900030

Outer Barcode
16009650900037

Pack Size
6 x 1kg

Shelf Life
18 Months

Storage Temp
< -18°C

Storage
Before opening store at -18°C or below

After opening reseal the bag and store at -18°C or below

COOKING INSTRUCTIONS

FOR BEST RESULTS, COOK DIRECTLY FROM FROZEN. DO NOT OVERCOOK.



BOILING

1. Place required quantity of McCain Broccoli Florets into an equivalent amount of boiling salted water.
2. Boil (without lid) for approximately 4 minutes.
3. Drain & season with salt & pepper.



STEAM

1. Place the McCain Broccoli Florets in a sieve and prop over steaming water.
2. Cover with a pot lid and steam for 5 – 6 minutes.
3. Season with salt & pepper.



MICROWAVE

1. Place 250g McCain Broccoli Florets in a suitable container.
2. Cover with cling wrap, pierce and microwave on high for approximately 4 minutes.
3. Season & serve immediately.

INGREDIENTS

Broccoli Florets

NUTRITIONAL INFORMATION

	Per 100g	Per 80g Single Serving
Energy (kJ)	130	104
Protein (g)	2.5	2.0
Glycaemic Carbohydrate (g)	2	1
of which total sugar (g)	1.5	1.2
Total fat (g)	0.2	0.2
of which saturated fat (g)	<0.1	<0.1
Dietary Fibre* (g)	2.9	2.3
Total sodium (mg)	34	27

*AOAC, 1990

Information applies to product as packed.
Nutritional information is based on South African Medical Research Council Food Composition Tables.

ALLERGENS & RELIGIOUS CERTIFICATIONS



None



All our products and the raw materials used are not derived from or contain any Genetically Modified Organisms



Suitable for:
Vegetarian Diet



Certifications:
Halal (SANHA)