

Broccoli Florets

Allergens – N/A

Ingredients

Quantity	Ingredients
1kg	Broccoli (Primary)



Method

1. Cook as per manufactures instruction

Nutritional Content per 100g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 31	= 1.	= 0.2	= 1.6	= 0.0	= 2.6

Portion size - Primary - 50g

Reviewed April 2018