

SUPER NUTRITION MADE SIMPLE

Picked and frozen on the day of harvest to capture all that goodness, our organic frozen vegetables are a sustainable way to add a little taste of sunshine to your day. We take time to carefully select and prepare the best and tastiest varieties so you can enjoy at home with no fuss and zero waste. Great as an alternative to rice or pasta.

OUR ORGANIC CAULIFLOWER



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Storage: Keep frozen -18°C.
Blend or cook from frozen.
Packed in the UK for PACK D Ltd.
PACK D 201 Borough High Street,
London, SE1 1JA.

COOKING INSTRUCTIONS

Shake from frozen. Place in pan or wok and sauté for 4 mins on a high heat. Ensure food is cooked until piping hot. Season to taste.

INGREDIENTS

Organic Cauliflower (100%).

NUTRITION		Per 100g		Per 50g	
Typical Values			RIK*		RIK*
Energy (kJ/kcal)	140/34	2%	13/11	1%	
Fat (g)	0.4	1%	0.2	0%	
of which saturates (g)	0.1	1%	0.1	0%	
Carbohydrates (g)	4.9	2%	2.2	1%	
of which sugars (g)	2.9	3%	1.5	2%	
Fibre (g)	1.6		0.9		
Protein (g)	2.5	6%	1.3	3%	
Salt (g)	0.02	0%	0.01	0%	
Vitamin C (mg)	59	70%	28	35%	
Folate (µg)	85	28%	38	14%	
Potassium (mg)	110	17%	55	3%	

* Reference: 100g Pack contains 3 portions.
Reference intake of an average adult (8400kJ/2000kcal).

Best Before: End



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