

OUR ORGANIC BROCCOLI FLORETS

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 fat† and zero waste.



FIND OUT WHY OUR
BROCCOLI FLORETS
ARE SO DELICIOUS



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PACK'D

SUPER NUTRITION MADE SIMPLE

COOKING INSTRUCTIONS

Boil or steam from frozen. Place in a pan of boiling water or in a steamer for 4 mins on a high heat. Ensure food is cooked until piping hot. Season to taste.

INGREDIENTS

Organic Broccoli Florets (100%).

NUTRITION Typical Values	Per 100g	RI%*	Per 50g†	RI%*
Energy (kJ/kcal)	180/43	2%	90/22	1%
Fat (g)	0.6	1%	0.3	0%
of which saturates (g)	0.1	1%	0.1	0%
Carbohydrates (g)	3.1	1%	1.6	1%
of which sugars (g)	1.9	2%	1.0	1%
Fibre (g)	4.0	2.0	2.0	4%
Protein (g)	4.3	9%	2.2	4%
Salt (g)	0	0	0	0%
Vitamin C (mg)	79	99%	40	49%
Folate (µg)	95	48%	48	24%
Potassium (mg)	397	20%	199	10%

*1 portion = 50g. Pack contains 9 portions.

†Reference intake of an average adult (8400kJ/2000kcal).

Storage: Keep frozen -18°C.

Cook from frozen.

Packed in the EU for PACK'D Ltd.

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Best Before End



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