

Fairway Cauliflower Florettes - Information







High grade quality cauliflower florets, grown by a family owned and run business in the heart of Flanders fertile fields. Perfectly situated on one central site, cauliflower is processed at the peak of freshness and frozen to lock in all of nature's nutrients. The BRC AA grade factory maintaining the high quality needs for the concerning foodservice industry.

Our Product Code: 029136
Suppliers Product Code: 06114949 - S0611049049I
Information Last Updated: 10/07/2024
Date Produced: 16/07/2025



Allergy Information

Key: **Contains** **May Contain**

| | | | | | |
|--|---|---|---|---|---|
|  |  |  |  |  |  |
| Sesame | Gluten | Crustaceans | Eggs | Lupin | Nuts |
|  |  |  |  |  |  |
| Milk | Celery | Sulphur Dioxide | Soya | Cereal | Peanuts |
|  |  |  | | | |
| Fish | Molluscs | Mustard | | | |

Nutritional Information

| | |
|------------------------|---------------|
| Serving Unit: | 100g or 100ml |
| Energy (kcal) | 22.00 |
| Energy (kJ) | 93.00 |
| Protein (g) | 1.90 |
| Carb (g) | 2.10 |
| Of Which Sugars (g) | 1.60 |
| Fat (g) | <0.50 |
| Of Which Saturates (g) | 0.10 |
| Fibre (g) | 2.20 |
| Salt (g) | 0.05 |

Dietary Information

Key: **Suitable for**

| | | | |
|--|---|---|---|
|  |  |  |  |
|--|---|---|---|

Please Note: This information has been supplied by manufacturers and other third parties to Yare Food Services. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

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Ingredients

Cauliflower florets

Handling Information

Directions for Use

For best results, cook from frozen. Boiling Method: Place 250g of Cauliflower Florets in a saucepan with sufficient boiling water to cover. Bring the contents back to the boil. Cover the pan and simmer for 5-6 minutes until tender. Drain and Serve. Microwave Guidelines: Per 250g - place contents into a microwavable container, add 1-2 tablespoons of water then cover and pierce. Heat on full power for 6 MINUTES (650W) or 5 1/2 MINUTES (750W). Stir cauliflower florets halfway through cooking. Drain and serve. Cooking appliances vary. These instructions are given only as a guide. Ensure the product is piping hot before serving. For ovens of different power, heating time must be increased or decreased accordingly.

Storage Instructions

Keep frozen * Up to 1 week ** Up to 1 month ***
-18°C or colder Up to 3 months **** -18°C or
colder Until Best Before Date Do not refreeze after
defrosted.

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