

TFS - Vegetables Purple Sprouting Broccoli - Information

Broccoli (*Brassica oleracea* var. *italica*) is an edible green plant in the cabbage family (family *Brassicaceae*, genus *Brassica*). Sprouting broccoli (purple) has a larger number of heads with many thin stalks.

Our Product Code: 031233

Suppliers Product Code:

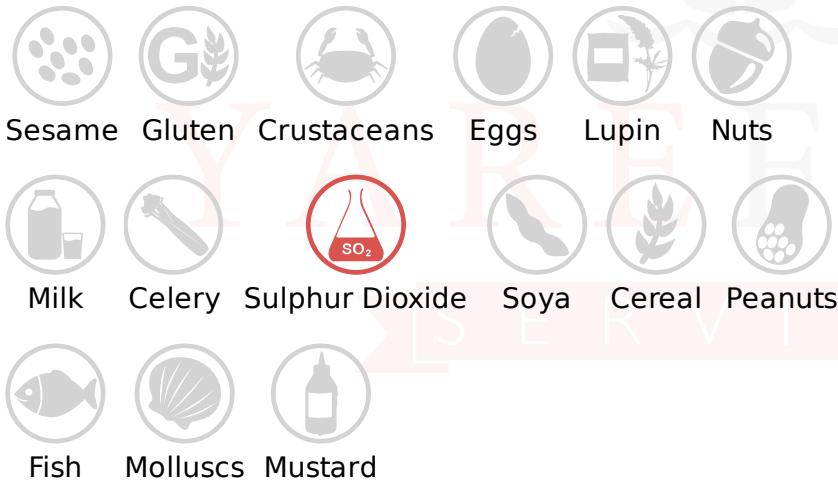
Information Last Updated: 17/09/2024

Date Produced: 19/01/2026



Allergy Information

Key: Contains May Contain



Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	34.00
Energy (kJ)	141.00
Protein (g)	2.82
Carb (g)	6.64
Of Which Sugars (g)	1.70
Fat (g)	<0.50
Of Which Saturates (g)	0.10
Fibre (g)	2.60
Salt (g)	0.08

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

Broccoli

Handling Information

Directions for Use

Washed and ready to cook.

Storage Instructions

Keep refrigerated.

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