



## Arctic Gardens Cauliflower Medium 6 x 2 kg

### Ingredients:

Cauliflower

**Format:** 6 x 4.4 lbs



### Product specifications

**Country of origin :** Canada/Mexico

### Nutrient Claims :

- Good source of vitamin C
- Source of fibre

### Shelf life :

The shelf life is 24 months. The temperature must be -18°C or 0°F.

**Case code SCC :** 10055686538009

### Preparation

Start from frozen vegetables and cook to a minimum temperature of 75°C (165°F). Cooking time may vary depending on the type of appliance used. For best results, pierce vegetables with fork to check desired texture. Do not refreeze thawed product. If thawed, cook immediately.

### Nutrition Facts Valeur nutritive

Per 1/2 cup (85g) / par 1/2 tasse (85g)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 20</b>	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 20 mg	1 %
Potassium / Potassium 120 mg	3 %
Carbohydrate / Glucides 3 g	1 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 2 g	
Protein / Protéines 1 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	30 %
Calcium / Calcium	0 %
Iron / Fer	2 %

### Recommended cooking method :



#### Steam

Combination oven, pressure-cooker,  
steamer basket, steamer.

Cook vegetables for approximately 3 to 5 minutes or until they have reached desired texture.

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