



# Broccoli, Florets

## Purchasing Specifications

### Availability:

Year round

### Pack Size:

3 lb bags; 4 or 6 bags per case

### FreshCut produce general cold-chain management:

- Regardless of the greatness of our quality... if the cold chain is broken, it destroys the integrity of our produce.
- Temperatures below 32°F destroy the cell structure of the produce and cause it to bleed and go limp.
- Temperatures above 40°F cause the shelf life to be shortened drastically.
- Take extra care to maintain accurate temperatures in coolers and keep them well maintained to avoid breakdowns.
- Pay close attention during the season changes.

### FreshCut produce general cooler tips:

- The coolest place in the cooler is in the back on the lowest storage shelf (cold air drops).
- Make sure coils are cleaned on regular basis.
- Keep strip curtains in good condition and straight.
- Always keep the cooler door closed.
- Keep trips in and out of the cooler to a minimum.



- Phytochemical: Beta-carotene, Lutein, Quercetins, Sulphoraphane, and Indoles.
- Scientific Name: Brassica oleracea.
- Usage: Broccoli can be eaten raw or cooked. Good as a side dish, served with cheese sauce or in salads or casseroles.
- Health: Broccoli is a good source of calcium and Vitamin C. The calcium can help control high blood pressure and may be linked to the prevention of colon cancer.
- Taste: clean, slightly bitter, sweeter when cooked.

## Nutrition Facts

### Serving Size: 1 cup chopped

Amount Per Serving

| Calories 30            | Fat Calories   |
|------------------------|----------------|
| % Daily Value*         |                |
| Total Fat 0 g          |                |
| Sat Fat 0 g            |                |
| Trans Fat              |                |
| Cholesterol 0 mg       |                |
| Sodium 1mg             | 0%             |
| Total Carbohydrates 6g | 4%             |
| Dietary Fiber 2g       | 9%             |
| Sugars 1g              |                |
| Protein 2g             | 5%             |
| Potassium 278mg        | 6%             |
| Vitamin A 4%           | Vitamin C 105% |
| Calcium 4%             | Iron 4%        |

\*Percent Daily Values are based on a 2,000-calorie diet.