

Broccolini®



The one and only. Mann Packing was responsible for introducing Broccolini®—a sweet, long-stemmed broccoli/Chinese kale hybrid—to the United States, and is its sole U.S. grower and supplier. Twenty years after its introduction, it is currently one of the fastest-growing vegetables on restaurant menus.

FEATURES & BENEFITS

- Edible from flower to stem
- Tender, edible stalk
- Washed & ready to eat
- Year-round availability
- Year-round stable pricing
- No additives or preservatives
- Fresh, never frozen

YIELD & APPLICATION

- 100% usable product
- Zero waste
- Blanch and hold to use in multiple menu items
- Use chilled on salads or with crudité dips
- Top pizzas or toss into pastas
- Sauté with olive oil and garlic
- Tempura fry or stir fry
- Roast with parmesan cheese and butter
- Wrap with prosciutto or Serrano ham for tapas style appetizers
- Culinary options are endless!
- 64 - 3 oz servings
- 30 pieces per pound; 180 pieces per carton

Nutrition Facts

Serving Size about 8 stalks (82g)
Servings Per Bunch about 2.5

Amount Per Serving	As Served
Calories 35	Calories From Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	
Sodium 25mg	1%
Potassium 270mg	8%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	5%
Sugars 2g	
Other Carbohydrates 2g	
Protein 3g	
Vitamin A 30%	Vitamin C 130%
Calcium 6%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g
Sat Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Potassium 3,500mg 3,500mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

PRODUCT SPECIFICATIONS

ITEM	PACK SIZE	MANN'S CODE NO.	CARTON SIZE (L x W x H)	CARTONS/PALLET	TIE/HIGH	CUBE	NET WT.
Broccolini® -Iceless	3 x 2 lb. bags	01036	15.875 x 11.875 x 5.25	120	10/12	.46	6 lb
Broccolini® -Iced	18 ct.	01025	19.875 x 11.75 x 6.313	80	8/10	0.853	9 lbs

HANDLING INFORMATION

- Refrigerate upon delivery
- Store at 34° F
- Keep dry
- Rotate first in, first out
- Shelf Life 16 days

FOODSERVICE RECIPES AVAILABLE

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