

Broccoli & Cauliflower



Broccoli Florets



Cauliflower Florets



Roasted Broccoli & Cauliflower with Lemon Parsley

Washed and ready to eat, Mann's Broccoli & Cauliflower florets come in a variety of cuts and sizes to meet your foodservice needs in different market segments. Grown in season from California to Arizona and Mexico, only the freshest product makes the cut.

Features & Benefits

- Washed and ready to eat
- Minimal preparation time
- Variety of foodservice cuts
- 100% usable product
- Year-round availability
- Year-round stable pricing

Yield & Application

- 100% yield
- Pizza Cut® Mini Broccoli Florets, 80 pieces/lb
- Pizza Cut® Mini Cauliflower Florets, 75 pieces/lb
- Broccoli Florets, 65 pieces/lb

Nutrition Facts

16 servings per container	
Serving Size	1 1/3 cups (85g)
Amount per serving	
Calories	30
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 1mg	6%
Potassium 269mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Broccoli

Nutrition Facts

16 servings per container	
Serving Size	1 cup (85g)
Amount per serving	
Calories	20
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 19mg	2%
Iron 0mg	0%
Potassium 254mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Cauliflower

PRODUCT SPECIFICATIONS

ITEM	PACK SIZE	MANN'S CODE NO.	CARTON SIZE (L x W x H)	CARTONS PALLET	TIE/HIGH	CUBE	NET WT.
Broccoli Florets	4/3 lb	00044	19.875 x 11.75 x 7.938	72	8/9	1.07	12 lbs
Broccoli Florets	6/3 lb	00606	19.5 x 11.375 x 11.063	48	8/6	1.420	18 lbs
Pizza Cut® Mini Broccoli Florets	4/3 lb	00064	19.875 x 11.875 x 7.938	72	8/9	1.07	12 lbs
Cauliflower Florets	2/3 lb	00381	15.875 x 12.00 x 5.750	120	10/12	0.627	6 lbs
Cauliflower Florets	4/3 lb	00328	19.875 x 11.75 x 7.938	88	8/11	0.870	12 lbs
Pizza Cut Mini Cauliflower Florets	1/3 lb	00330	12.75 x 8.5 x 5.0	210	15/14	0.403	3 lbs
Pizza Cut Mini Cauliflower Florets	2/3 lb	00373	15.875 x 12.00 x 5.750	120	10/12	0.627	6 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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