



MARKON

00996646 - Broccoli, Florets Rss

Broccoli is a deep green cruciferous vegetable with fibrous stalks ending in flowering heads. Flavor is earthy with notes of grass. Reduced labor, storage, and waste costs. Dependable yields and reliable cost per serving. 100% plate ready; this product does not need to be rinsed. Available year-round. Shipped in recyclable, wax- and staple-free cartons. Backed by Markons comprehensive 5-Star Food SafetyAudit Program.



NICHOLAS  
AND COMPANY



Nutrition Facts

Servings per Container 60  
Serving size 91g

Amount per serving  
Calories 125.52

	% 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 2g	
Includes 0g Added Sugar	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 43mg	3%
Iron 1mg	6%
Potassium 290mg	6%

\* The % Daily Value (DV) 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.

\* Benefits

Ingredients

Broccoli

Allergens

Free From:

- crustaceans
- shellfish
- eggs
- fish
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

Handling Suggestions

Optimum storage is 34-36 F/1-2 C at high humidity with adequate circulation; refrigerate immediately; store in original packaging.

Serving Suggestions

Fold steamed and finely chopped RSS Broccoli Florets and the zest of MFC Lemons into souffl batter; bake until light and airy. Toss RSS Broccoli Florets with olive oil, salt and pepper; roast until tender; serve aside steaks with grated Parmesan cheese. Combine cooked linguine with clams, steamed RSS Broccoli Florets, sauted slices of RSS Peeled Garlic, crushed red pepper flakes, and RSS Washed & Trimmed Parsley.

Prep & Cooking Suggestions

This product has been thoroughly washed and is 100% table ready. There is no need to rinse this product.

Product Specifications

Brand	Manufacturer
MARKON	Markon Cooperative, Inc.

MFG #	SPC #	GTIN	Pack	Pack Desc.
91610	00996646	10611628916108	4	4 / 3.0 LBR

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
13.11lb	12lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
19.88in	7.5in	11.38in	0.98ft3	8x10	16DAYS	34°F / 36°F



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Nutrition Analysis - By Serving

Calories	125.52	Total Fat	0g	Sodium	30mg
Protein	3	Trans Fats	0g	Calcium	43mg
Total Carbohydrates...	6g	Saturated Fat	0g	Iron	1mg
Sugars	2g	Added Sugars	0g	Potassium	290mg
Dietary Fiber	2g	Polyunsaturated Fat	0g	Zinc	0
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•	0	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate	0mg	Riboflavin	0mg
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

