



MONARCH

# Broccoli

CUT GRADE A IMPORTED IQF FROZEN

# 4328423



VMA

20 LB (\$0.11 / oz)

**\$34.05 / CS**

All product information contained herein is subject to change, including pricing, promotions and nutritional. For current information at the time of purchase, please contact your sales associate.



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Manufacturer: MONARCH

# 4328423

\$34.05 / CS

Manufacturer Product #: 671195

## Product Description

### Overview

Exceptional menus start with top-notch ingredients that save labor and time just like our Monarch® Broccoli Cuts. Everyone will want to eat their veggies when you serve this hand-cut broccoli. Harvested at the peak of flavor from farms in Mexico and Guatemala our Grade A broccoli cuts are individually frozen and properly stored to lock in all the nutrients and important vitamins. With both hand-cut stalk and head material varying in size this bulk 20 lb. package of broccoli cuts arrives to your kitchen with a green color typical of young tender broccoli. With consistent quality and year-round availability you will never have to worry about being out of stock of this delicious vegetable. Simply boil sauté or steam to prepare and season to taste or menu specifications. Economical and timesaving our broccoli cuts eliminate waste while providing you a noticeable difference in cost. Keep frozen until ready to cook. Do not refreeze. 20 lb. bag of broccoli cuts per case.

### Features

- Fresh-to-frozen broccoli cuts
- Stalk material is 0.75–1 in. size
- Head material is 1–2 in. size
- Green color is typical of young tender broccoli
- Individually frozen
- Grade A quality
- Grown on farms in Mexico and Guatemala
- Harvested at the peak of flavor
- Can be used as a side dish or in a recipe where broccoli is required
- Boil or steam to prepare
- Keep frozen until use
- Do not refreeze
- 20 lb. bag of broccoli cuts per case

### Benefits

- Cost-saving: Ready to use broccoli cuts eliminates waste
- Noticeable savings over using fresh vegetables
- Labor-saving: Already hand cut stalk and head pieces and picked at the height of ripeness minimizing the labor needed to prepare
- Time-saving: Ready to use—just boil season and serve
- Versatile: Can be used as a side dish or in a recipe where it is required

### Ingredients

Broccoli Cuts

### Product Information

**Class:** 26 - GROCERY, REF & FZN

**Category:** 222 - VEGETABLES, FZN

**Group:** 1517 - BROCCOLI, FROZEN

### Manufacture Information

MANUFACTURER :MONARCH

MANUFACTURER PRODUCT #:671195

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## Preparation & Cooking

### Preparations and Cooking Instructions

COOKING INSTRUCTIONS: 1. PLACE A SMALL AMOUNT OF WATER IN PAN AND BRING TO BOIL. 2. ADD FROZEN VEGETABLES TO BOILING WATER AND BRING TO SECOND BOIL. 3. COVER AND COOK TO DESIRED TENDERNESS, AVOID OVERCOOKING FOR BEST FLAVOR AND COLOR. 4. SEASON TO TASTE.

### Handling Instructions

KEEP FROZEN UNTIL READY TO COOK

### Serving Suggestions:

CAN BE USED AS A SIDE DISH OR IN A RECIPE WHERE BROCCOLI IS REQUIRED

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## Customers Also Bought



ROLAND  
SUGAR, RAW CUBE CANE  
DEMERARA  
# 9614403



\$44.52 / CS



HATFIELD  
PORK, LOIN BONELESS BACK-  
STRAP-OFF RAW REF VACUUM-  
PACK 413  
# 7972110

\$2.89 / LB



BARILLA  
PASTA, RIGATONI SHELF  
STABLE  
# 7861867



\$34.35 / CS



BARILLA  
PASTA, PENNE RIGATE SHELF  
STABLE  
# 7841497



\$34.35 / CS



MOLLY'S KITCHEN  
SOUP, CHICKEN TORTILLA NO  
ADDED MSG CONDENSED ADD  
WATER TRAY PACK FROZEN  
# 7896660



\$46.17 / CS



TYSON  
CHICKEN, DRUMSTICK COATED  
40-80 COUNT BONE-IN SKIN-ON  
COOKED FROZEN FAST FI  
# 9149880



\$24.70 / CS



MOLLY'S KITCHEN  
SOUP, CHICKEN DUMPLING  
CONDENSED ADD WATER TRAY  
PACK FROZEN  
# 2098743



\$45.05 / CS



LAMB WESTON  
POTATO, RED WEDGE  
SEASONED SKIN-ON COOKED  
OVEN ROASTED FROZEN  
# 5461392

\$34.60 / CS



WELCH'S  
JELLY, GRAPE SQUEEZE BOTTLE  
SHELF STABLE  
# 9681636



\$45.76 / CS

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## Shipping Information:

Physical Attributes					
Gross Weight:	21.5 LB	Height:	8 IN	Length:	16 IN
Net Weight:	20 LB	Width:	11.5 IN	Cube:	.852 CF
Catch Weight:	NO				

Storage Information	
Min. Temperature:	-10 fa
Max. Temperature:	15 fa

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## Nutritional Facts

104 Servings Per Container

Serving Size (85g)

Amount Per Serving

Calories 30

	% Daily Value *
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 15mg	1%
<b>Total Carbohydrate</b> 5g	2%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 3g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	6%

## Supplemental Facts

	% Daily Value *
Vitamin D 0 iu	0%
Polyunsaturated Fat 0 g	0%
Monosaturated Fat 0 g	0%
Potassium 213 mg	4%

\* 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.

## Ingredients, Allergens & Nutritional Information

**IMPORTANT:** Product information, including ingredients, allergens and nutritional information, is provided by manufacturers/suppliers, and includes information from the Global Data Synchronization Network (GDSN) and other third party sources such as the United States Department of Agriculture. We know that allergen information is important to many customers, so we are providing product information from the manufacturers/suppliers for the FDAs top allergens (<https://www.fda.gov/food/food-labeling-nutrition/food-allergies>), along with other select ingredients. This information may not cover potential cross-contact risks or alternate forms of the allergen(s). Product formulations are subject to change and nutritional values can vary due to production, seasonal and other changes. Please always review the ingredients, allergens, nutrition information and other product information on the product packaging delivered to your location. US Foods does not assume any legal liability and makes no warranty or guaranty, express or implied, regarding the completeness or accuracy of this information. Product images are provided for reference only and may not reflect current packaging.

## Marketing Claims

- This product is kosher