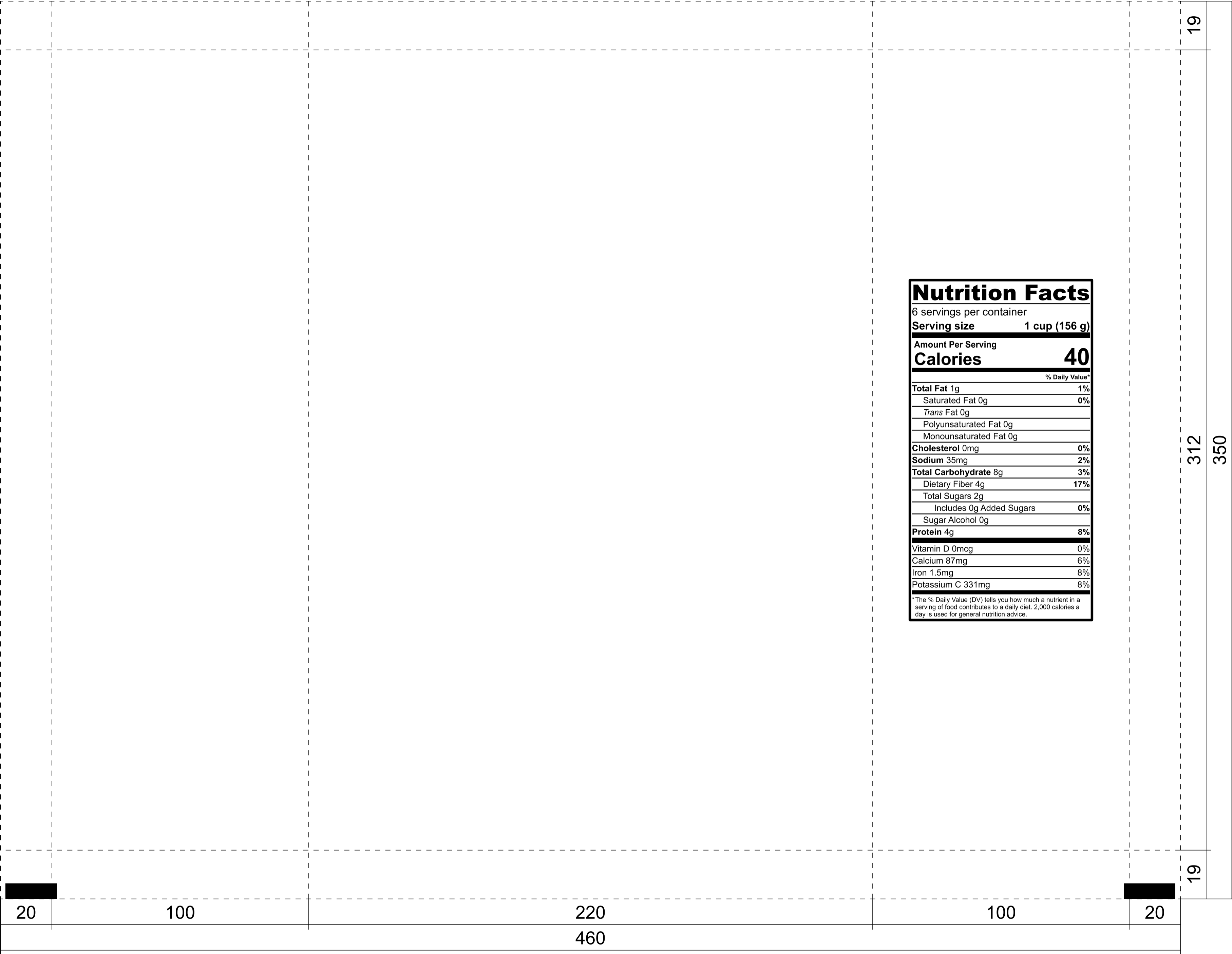


Wydruk jest ostateczną formą potwierdzenia zawartości merytorycznej projektu, za którą wyłączną odpowiedzialność ponosi osoba akceptująca.



Nutrition Facts

6 servings per container

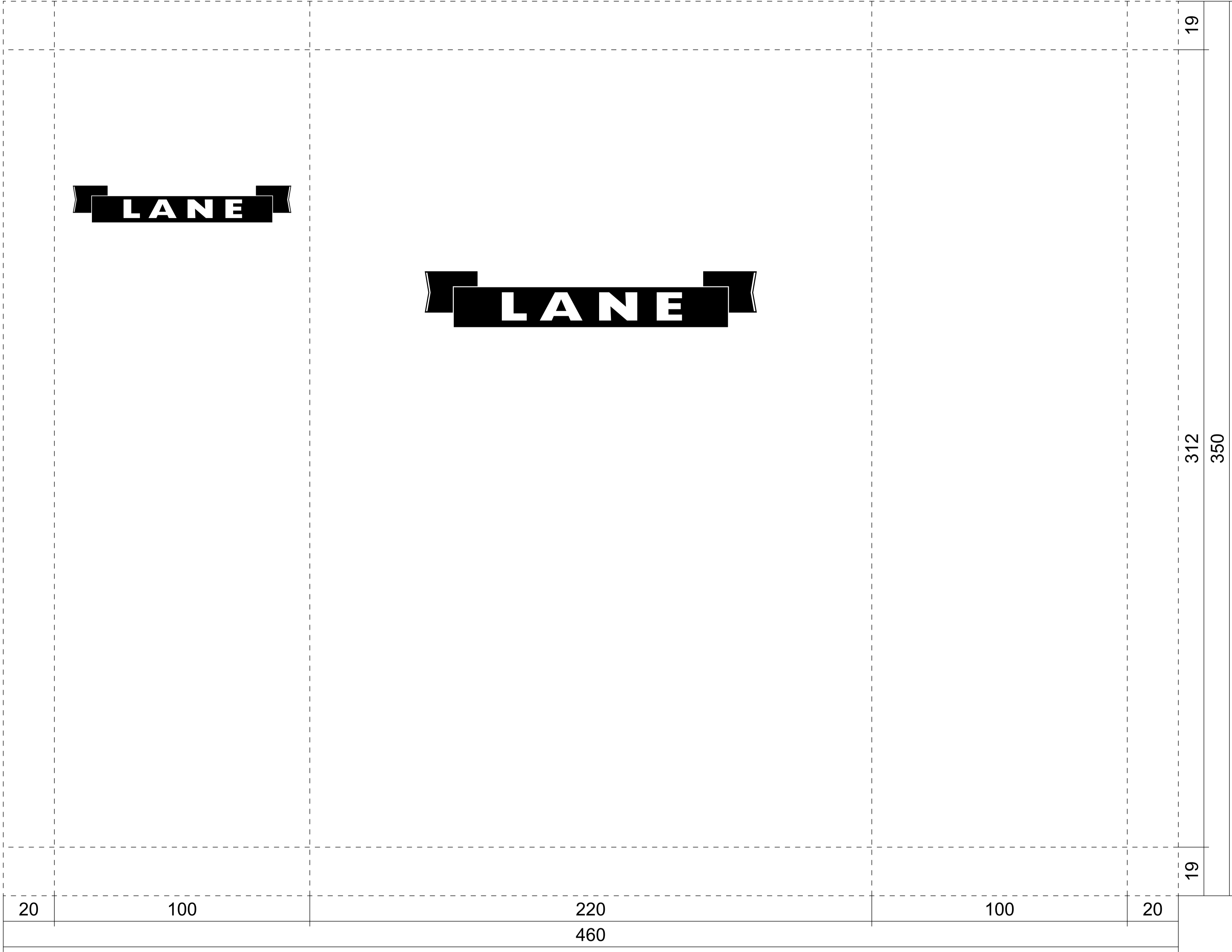
Serving size 1 cup (156 g)

Amount Per Serving

Calories 40

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 8g	3%
Dietary Fiber 4g	17%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 87mg	6%
Iron 1.5mg	8%
Potassium C 331mg	8%

*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.





COOKING INSTRUCTIONS
Stove top: place frozen vegetables in saucepan with 1 cup of boiling water. Bring to second boil and cook 5-8 minutes or until tender.

Microwave: Place Frozen vegetables in cover micrown safe dish with 4-6 tablespoons Water. Cook On Hight 8 - 10 Minutes stirring halfway through.

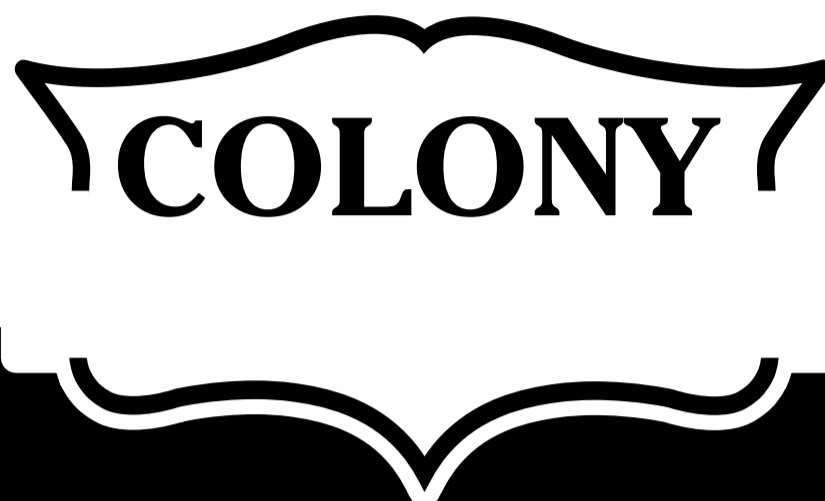
**KEEP FROZEN
UNTIL READY FOR USE.
DO NOT REFREEZE OR
OVERCOOK**

PRODUCT OF POLAND

INGREDIENTS:
BROCCOLI FLORETS



Distributed by Honor Foods
1801 N 5th Street
Philadelphia 19122



Broccoli Florets

KEEP FROZEN

NET WEIGHT 32 oz (907 gr)

20

100

220

100

20

460

19

312

350

19

