



Broccoli

FOR FOODSERVICE

Broccoli is a relative of cabbage, Brussels sprouts and cauliflower and this cruciferous vegetable has such a stellar nutrition profile that it is often included on lists of "Super Foods." Its dark green color and flower-like crowns enhance a variety of cuisines and preparation formats, whether adding crunch and color shaved into cold salads or steamed as it balances the spiciness of hot Asian dishes. Broccoli's year round availability is thanks to multiple growing regions, making it incredibly versatile for menus in every season.



Selecting Broccoli

Choose Broccoli with firm stalks, tight florets, and crisp green leaves. Crowns should be compact. Color should be medium to dark green, no yellowed or flowering florets.

Storage & Handling

For maximum shelf life and freshness, store lettuce in 34-36 degree F refrigeration. Keep lettuce away from drafts to prevent dehydration. Store lettuce away from ethylene-producing fruits and ripening rooms. Follow good rotation practices; first shipments received should be used or displayed first.

Pack Sizes

Product Code	Product	Size	GTIN	Carton Size (LxWxH in.)			Carton Cube (Cubic ft.)	Carton Gross Weight	Ti	Hi	Cartons/Pallet
100587 02	Broccoli Bunch Iceless	14ct CTN	10073150304714	19.88	11.38	10.69	1.40	24.00	8	7	56



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Yield and Portion Analysis

Yield Per Carton, Bunch 14 Count

63% Usable Product Average

Average Portions: 1 bunch = 3.5 cups chopped florets

Average Portions Per Carton: 49 cups chopped florets

Yield Per Carton, Iceless Crowns (4.5" to 5" crowns)

95% Usable Product Average

Average Portions Per Carton: 38 to 45 crowns per carton



Features & Benefits

- Year round availability makes menu planning and sourcing easier
- Available in bunches or crowns, giving you options for labor planning and menu uses
- Excellent Nutrition profile – High in Vitamin C and Folate, a good source of Potassium, Fiber and Vitamin A

Menu Ideas

- Broccoli & Spinach Frittata with Caramelized Onions
- Broccoli Slaw with Shallots & Avocado, Served with Caramelized Grapefruit
- Roasted Broccoli with Lemon, Pine Nuts, Garlic & Parmesan
- Shrimp & Broccoli Stir Fried in Rice Vinegar & Soy Sauce with Fresh Ginger

About Duda Farm Fresh Foods

Growing in the most fertile land in the United States, Duda Farm Fresh Foods provides the best quality fruits and vegetables that are closely monitored to meet our high safety standards. Our regional growing program enables year-round availability of a wide range of products packed in our well-known Dandy® brand. Through an extensive alliance of grower partners both nationally and internationally, Duda is a trusted single-source provider of the fresh produce consumers crave.

Duda Farm Fresh Foods' broad range of products are sold under the Dandy® brand, making us a single-source solution for fresh produce. We take pride in assuring our customers year-round availability, quality, and safety they can count on. Based on external benchmarking, our company ranks in the very top tier of producers, growers, packers, processors and shippers in the measurements of farms and ranches, harvesting, and facilities.



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