



# Brussels sprouts, 300g

*fine winter vegetables*



article number	barcode (item)	barcode (packaging)	eco-ID	
230410	 4 026813 000200	 4 026813 001252	84448	

brand bio inside



## quality

100% bio, Reg (EC) No 834/2007, EU organic logo, EU agriculture

## control Authority

NL-BIO-01 | SKAL

## Origin

Netherlands (NL)

## Origin of the raw materials

Germany, Netherlands

## Country of final processing

Netherlands



## Ingredients

Brussels sprouts\*

\*= ingredients from organic farming

## Marketing text

bio inside offers a wide range of products comprising fresh basic, tasty and varied vegetables and fruit that you can use to make creatively delicious meals for an active way of life.

## Usage instructions

In the pot: place the frozen Brussels sprouts in a pot with boiling water, add a pinch of salt and cook for 10-12 minutes, according to taste. Drain and season to taste.

Microwave (600 Watt capacity): heat the frozen Brussels sprouts with a bit of water (3 tablespoons), some salt and nutmeg in a covered microwave dish for approx. 9-11 min. Stir thoroughly once during this time and once again before serving. In the event of a different capacity consult the microwave manufacturer's instructions.

## Manufacturing

Coming directly from the field, bio inside products are immediately deep-frozen to preserve all their important vitamins and flavours.

## Consumer storage instructions

Store at -18°C. Once defrosted do not refreeze.

## other allergy and dietary notes

vegan ✓

vegetarian ✓



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## category-specific information

Legal product category..... food  
 Sweetener..... not sweetened  
 Preparation type..... Cooking pot

## Quality

Organic product..... yes  
 Official organic labels..... EU organic logo  
 Organic certification body..... NL-BIO-01

## Further legal information

Additives, declaration obligatory..... Contains no declaration obligatory additives

## Compulsory label information

Compulsory additive label information..... Legal demands: The product meets the requirements of EC Directives and the following. Fully accepted organic product according to EC Regulation 834/2007 and 889/2008. GMO: The products do not contain genetically modified raw materials or genetically modified organisms since it is processed corresponding to Council Regulation (EC) No 834/2007 and Commission Regulation (EC) No 889/2008. Unintentional genetic modifications that enter the food in traces during cultivation, production, placing on the market or handling are not taken into account. Therefore it is not mandatory to label the products according to the Council Regulation (EC) No 1829/2003 and (EC) No 1830/2003.

## Legal information

Address of distributor..... Demeter Felderzeugnisse GmbH, Neue Bergstraße 13, D-64665 Alsbach

## nutritional values & analytical results per 100 g

Energy in kJ / 100 g or 100 ml..... 187 kJ / 45 kcal kJ  
 Fat..... 0,3 g  
 of which saturates..... 0,1 g  
 Carbohydrates..... 3,3 g  
 of which sugars..... 2,8 g  
 Fibre..... 4,4 g  
 Protein..... 4,5 g  
 Salt..... 0,05 g  
 determining the nutritional values by..... calculation

## information on consumer unit

Packaging material..... PE/LD  
 Description of packaging unit for consumer..... Bag



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## aroma, consistency

**Taste**..... typical, without external taste  
**Odour**..... fresh  
**Consistency**..... tender, not fibrous