



# Brussels sprouts, 300g

tasty winter vegetable



<b>article number</b> 230410	<b>barcode (item)</b>  4 026813 000200	<b>barcode (packaging)</b>  4 026813 001252	<b>eco-ID</b> 84448	
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## Brand

bio inside



## Quality

EU organic logo, EU agriculture

## 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.



## Consumer storage instructions supplement

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

## Manufacturing

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

## Origin

Netherlands (NL)

## Origin of the raw materials

Germany, Netherlands, Spain

## Ingredients

Brussels sprouts\*

\*= ingredients from organic farming

## other allergy and dietary notes

vegan ✓ vegetarian ✓

## category-specific information

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



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## 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 applicable EU Organic Regulation. GMO: The products do not contain genetically modified raw materials or genetically modified organisms since it is processed according to applicable EU Organic Regulation. 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

Legal designation of the product ..... Brussels sprouts, deep-frozen  
 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  
 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  
 Determining the nutritional values by ..... calculation  
 Salt ..... 0,05 g

## information on consumer unit

Sales designation of piece ..... bag  
 Packaging material ..... LDPE

## aroma, consistency

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