

PICKLED FLOWER

- Cauliflower is a cruciferous vegetable that is naturally high in fiber and B-vitamins.
- It provides antioxidants and phytonutrients that can protect against cancer. It also contains fiber to enhance weight loss and digestion, choline that is essential for learning and memory, and many other important nutrients.



PACKING DETAILS

Weight	10Kg
Units/ Case	10Kg/ Drum
Cases/ Pallet	48
Shelf-life	12 Months
Pack Language	English & Arabic

NUTRITION FACTS:

Amount per 100g	
Calories	25
% Daily Value	
Total Fat 0.3g	0%
Saturated Fat 0.1g	0%
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Potassium 299mg	8%
Total Carbohydrates 5g	1%
Dietary Fiber 2g	1%
Sugar 1.9g	
Protein 1.9g	3%
Vitamin A	0%
Calcium	2%
Vitamin D	0%
Cobalamin	0%
Vitamin C	80%
Iron	2%
Vitamin B6	10%
Magnesium	3%

INGREDIENTS:

Cauliflower	Salt
Water	Acetic Acid
Calcium Chloride	Sodium Benzoate
Non-GMO products	

STORAGE AND HANDLING

Can be kept at room temperature in a cool and dry place.
Unopened may be stored for as long as 12 months.
Cover with cling film and then store under refrigerated conditions.