



# BroccoCress®

*Brassica*

|                      |                                                                                  |
|----------------------|----------------------------------------------------------------------------------|
| <b>Origin</b>        | South Europe                                                                     |
| <b>Taste / Aroma</b> | Raw broccoli                                                                     |
| <b>Season(s)</b>     | Spring, Summer, Autumn, Winter, Christmas, Halloween, Mushroom, Pumpkin, Truffle |
| <b>Storage</b>       | Cold, 2-7 °C                                                                     |

The taste of BroccoCress® is very mild.



## TASTE

BroccoCress® is the Koppert Cress brand name for an edible plant. The taste of BroccoCress® is very mild.

## TASTE FRIENDS

It tastes wonderfully on cheese. It is also good for decoration of all kinds of dishes, a perfect finish for soups and sauces and a very good product to add to a diet.

## ORIGIN

Broccoli is a very old vegetable already known in Roman times. It is even older than cauliflower. Italians produce broccoli, very well known in America and for the past twenty years increasingly popular in Europe. The healthy content of broccoli is well known. This product has the right components and also tastes well.

## AVAILABILITY

BroccoCress® is available year round and can easily be stored for up to seven days at a temperature of 2-7°C. Produced in a socially responsible culture, BroccoCress® meets the hygienic kitchen standards. The product is ready to use, since it is grown clean and hygienically.

## SPECIFICATIONS

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| <b>Taste</b> | Sweet, Salty, Sour, Bitter, Umami |
|--------------|-----------------------------------|

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|---------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Cultures                  | African, Alpine, Asian, Australian, Balkan, Baltic, Chinese, Creolic, Dutch, French, Greek, Indian, Indonesian, Italian, Japanese, Korean, Mediteranean, Nordic, North American, Portugese, Russian, Spanish, Thai, Turkish                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Usage                     | Chopping, Decoration, Garnish, Oil, Pickling                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Colors                    | Green                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Dishes                    | Breakfast, Cheese, Functional, Game, Grill, Lunch, Main course, Meat, Pasta, Pizza, Poultry, Salad, Sandwich, Snack, Soup, Starter, Sushi, Vegetarian, Vegetables                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Taste Friends             | Cheese (others), Eel, Fish (freshwater), Corn, Cucumber, Eggplant, Mandarin, Orange, Peas, Pineapple, Pumpkin, Tomato, Deer, Rabbit, Game (other), Chives, Parsley, Sage, Beef, Dried ham, Goat, Lamb, Offals, Porc, Sheep, Veal, Meat, Porcini mushrooms, Shiitake mushroom, Truffle, Mushrooms (others), Pistachio, Chicken, Duck, Goose, Pheasant, Pigeon, Quail, Turkey, Poultry (other), Black pepper, Cinnamon, Cumin, Chili, Artichokes, Asparagus, Beetroot, Celery, Broccoli, Carrot, Cauliflower, Chicory, Garlic, Ginger, Horseradish, Kale, Kidney beans, Lettuce, Onion, Potato, Radish, Butternut squash, Sweet potato, Bread, Couscous, Egg, Liquorice, Olive oil, Pumpkin seeds, Rice, Seaweed, Soy sauce, Tofu |
| Nutrients                 | Molybdenum, Sulforaphane                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Latin Name                | Brassica                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Synonyms                  | Healthy Food, Sulforaphan, Superfood                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Dimensions                | Minimum 3 cm and maximum 12 cm above the growing medium. The diameter of a germinated leaf must be minimum 0.4 cm and maximum 1.5 cm (80% of the germinated leaves).                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Voedingswaarden           | Energy: 16 kcal / 67 kJ Fat: 0.24 g Of which saturates: 0.04 g Carbohydrate: 0.6 g Of which sugars: - g Protein: 1.3 g Salt: 0.05 g Vitamin C: 62 mg SGS: 225 mg                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Microbiological standards | Pathogens: Salmonella Absent in 25 g, Listeria monocytogenes Absent in 25 g, Staphylococcus aureus <1.105 cfu per g, Bacillus cereus <1.105 cfu per g, EHEC/STEC Absent in 25 g                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |