

## Greens Asparagus Frozen - Information

Greens Green Asparagus Spears

**TFS Product Code:** 013006  
**Suppliers Product Code:**  
**Information Last Updated:** 26/03/2026  
**Date Produced:** 21/06/2026



### Allergy Information

Key: **Contains** **May Contain**



### Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	29.00
Energy (kJ)	121.00
Protein (g)	2.70
Carb (g)	3.00
Of Which Sugars (g)	3.00
Fat (g)	0.30
Of Which Saturates (g)	0.10
Fibre (g)	1.60
Salt (g)	<0.01

### Dietary Information

Key: **Suitable for**



**Please Note:** This information has been supplied by manufacturers and other third parties to Thompsons Food Service Ltd. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

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## Ingredients

Green asparagus (100%)

## Handling Information

### Directions for Use

Best cooked from frozen Add the deepfrozen vegetables to boiling water and cook over a gentle heat for approx. 6 - 8 min. Season to taste The vegetables are also suitable for preparation in micro-wave

### Storage Instructions

refrigerator: 24 hours freezer compartment: 48 hours freezer: -18°C: see expiry date

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