



STUART'S FOODS



FAST FRESH FOODSERVICE

Welcome to Stuart's Foods May Newsletter

Seasonal Vegetables

Broccoli



Nutrition information (per 100g raw)- 34 kcal, carbohydrate 3.2g, Sugars 1.9g, Protein 4.3g

Belongs to the cruciferous family, these powerhouses supply a lot of nutrients for little calories.

Offering an excellent source of Vitamin K,C,B6,E,A,B1, chromium, folate, dietary fibre, manganese, phosphorus, potassium, copper.

It's an antioxidant, cleanses intestines, keeps skin young & glowing, maintains a healthy heart and protects eyes.

Broccoli goes with almost everything, brilliant in stir fries with garlic, ginger, chicken, prawns or beef.

Tender stem is the sweet variety and has made a big impact over the last few years, amazing with poached eggs and bacon.

Our Broccoli is from Lincolnshire.

Mushrooms



Nutrition information (per 100g raw)- 7kcal, carbohydrate 0.3g, sugar 0.3g, Protein 1.0g

Mushrooms are a little hidden gem on the nutrition front, low calorie, cholesterol free and low sodium. They are packed full of important nutrients like potassium, selenium and Vitamin D & B. Selenium is an antioxidant which is good for the immune system and cell health in the body, mushrooms are a good source of selenium for vegetarians whose sources are generally limited. Also the Vitamin B is good for the nervous system.

They are very versatile, cooked in a sauce, added to a meal, stuffed, raw on a salad, the options are endless.

Our mushrooms are from Yorkshire all year round.



Fruit

Raspberry



Nutrition information (per 100g)- 25 kcal, carbohydrate 4.6g, sugar 4.6g, water 87g

Raspberries are high in fibre, more Vitamin C than an orange and high in antioxidants.

There are over 200 varieties worldwide, from yellow to red to black! They are a quick turning fruit so make sure you eat them within a few days when purchased to enjoy them at their best. They are a great partner for strawberries, blueberries, banana, or enjoy them with some chopped mint and nuts for a great snack or sweet treat.

Strawberry



Nutrition information (per 100g raw) - 30 Kcal, carbohydrate 6.1, Sugars 6.1g, Protein 0.6g

Strawberries are among the top 20 fruits in antioxidants, they are higher in vitamin C, fibre, folate and potassium than most other fruits like bananas, apples and oranges. Strawberries are also fat, cholesterol and sodium free.

Strawberries are a soft fruit and can turn quickly so should be eaten within a day or so of purchase, or even better straight from being picked! They pair well with other fruits and flavours like balsamic and basil.



*And lots of
English Crops!*

