

# McCain Classics

## MIXED VEGETABLES



FOODSERVICE  
SOLUTIONS

A nutritious and flavoursome medley of colourful vegetables, McCain Mixed Vegetables are perfect for salad bars, takeaways and food court operations.

### PRODUCT INFORMATION



**Product Code**  
3032

**Inner Barcode**  
6009650900139

**Outer Barcode**  
16009650900136

**Pack Size**  
6 x 1kg

**Shelf Life**  
18 Months

**Storage Temp**  
< -18°C

**Storage**  
Before opening store at -18°C or below

After opening reseal the bag and store at -18°C or below

### COOKING INSTRUCTIONS

FOR BEST RESULTS, COOK DIRECTLY FROM FROZEN. DO NOT OVERCOOK.



#### BOILING

1. Place required quantity of McCain Mixed Vegetables into an equivalent amount of boiling water.
2. Boil (without lid) for approximately 3 minutes.
3. Season & serve immediately.



#### STEAM

1. Place McCain Carrot Roundels in a single layer on a steam basket.
2. Season with salt & pepper
3. Cover with lid and steam for approximately 2-3 minutes.
4. Serve immediately.



#### MICROWAVE

1. Place 250g McCain Mixed Vegetables in a suitable container.
2. Cover with cling wrap, pierce and microwave on high for approximately 4 minutes.
3. Season & serve immediately.

### INGREDIENTS

Diced Carrots  
Cut Corn  
Cut Green Beans

Whole Green Peas  
*In variable proportions according to season.*

### NUTRITIONAL INFORMATION

	Per 100g	Per 80g Single Serving
Energy (kJ)	297	237
Protein (g)	2.5	2.0
Glycaemic Carbohydrate (g)	9	7
of which total sugar (g)	2.8	2.3
Total fat (g)	0.6	0.5
of which saturated fat (g)	<0.1	<0.1
Dietary Fibre* (g)	4.5	3.6
Total sodium (mg)	24	19

\*AOAC, 1990

Information applies to product as packed.  
Nutritional information is based on South African Medical Research Council Food Composition Tables.

### ALLERGENS & RELIGIOUS CERTIFICATIONS



None



All our products and the raw materials used are not derived from or contain any Genetically Modified Organisms



Suitable for:  
Vegetarian Diet



**Certifications:**  
Halal (SANHA)



Kosher (Beth Din)