



McCain Foods (AUS & NZ) Pty Ltd
Customer Specification
202307
McCAIN CROSS CUT BEANS 2kg

HEATING INSTRUCTIONS:

For best results heat from frozen.
 Do Not Thaw before cooking.

STOVE TOP:

1. Place frozen Cross Cut Beans in boiling water.
2. Add pinch of salt if desired. Bring back to boil and simmer until tender.
3. 100g approx 5 minutes.
4. 500g approx 5 minutes.
5. Drain and serve.

MICROWAVE:

1. Pour 500g frozen Cross Cut Beans into a microwave safe dish.
2. Cook on HIGH for 9 minutes or until tender.
3. Stand for two minutes, and Serve
1. Pour 100g frozen Cross Cut Beans into a microwave safe dish.
2. Cook on HIGH for 4-5 minutes or until tender.
3. Stand for two minutes, and Serve

NOTE: Microwave instructions are based on an 700W oven. Please adjust accordingly.

INGREDIENTS: Cross Cut Beans

NUTRITION INFORMATION		
Servings per package: 20		
Serving size: 100 g		
	Quantity Per serve	Quantity Per 100g
Energy	113kj (27 Cal)	113kj (27 Cal)
Protein	1.5g	1.5g
Fat, total	0.3g	0.3g
- saturated	0.1g	0.1g
Carbohydrate	2.6g	2.6g
- sugars	2.4g	2.4g
Sodium	5mg	5mg

Halal: Certified
Kosher: Not Certified
Vegan: Contains no animal products
Vegetarian: Contains no meat products

GMO Statement: This Product does not require Labelling as a genetically modified food in accordance with the Australian/NZ Food standards Code Volume 2, Section 1.5.2

Storage: Keep frozen at or below -18°C. Keeps for 2 years from the date of manufacturing
 If content becomes thawed, use as soon as possible, Do not refreeze.

Transport: The product should be transported in accordance with the recommended Code of Practice for handling merchandising Frozen Foods such that product temperature and integrity is maintained at all times.

This specification is valid at the time of issue. Check packaging for most up to date information. Please request updates as required.

Product of New Zealand

Date issued: 11/08/2014
 Review in 3 years from date issued

Authorised by: Therese Sillekens

