



**McCain Foods (AUS & NZ) Pty Ltd**  
**Customer Specification**  
**202314**  
**McCAIN Baby Carrots 6 x 2kg**

**COOKING INSTRUCTIONS:**

DO NOT THAW BEFORE COOKING. PRODUCT MUST BE COOKED BEFORE CONSUMPTION.

**MICROWAVE:**

1. Place frozen Baby Carrots in a microwave safe container and cook on high.
2. 100g approx 4-5 minutes.
3. 500g approx 9 minutes.

**NOTE:** Microwave instructions are based on a 750W oven. Please adjust accordingly.

**STOVE TOP:**

1. Place frozen Baby Carrots in boiling water. Add pinch of salt if desired.
2. Return to boil and simmer until tender.
3. 100g approx 5 minutes.
4. 500g approx 5 minutes.
5. Drain and serve.

**INGREDIENTS:** Baby Carrots.

NUTRITION INFORMATION		
Servings per package: 20		
Serving size: 100 g		
	Quantity Per serve	Average Quantity per 100 g
Energy	149kJ (36 Cal)	149kJ (36 Cal)
Protein	0.5 g	0.5 g
Fat, total	0.3 g	0.3 g
- saturated	0.1 g	0.1 g
Carbohydrate	6.5 g	6.5 g
- sugars	4.4 g	4.4 g
Sodium	65 mg	65 mg

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

\*Percentage Daily Intakes are based on an average adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs.

**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**