



**McCain Foods (AUS & NZ) Pty Ltd**  
**Customer Specification**  
**202340**  
**McCAIN BROCCOLI 1.5kg**

**COOKING INSTRUCTIONS:**

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

**MICROWAVE:**

1. Place frozen BROCCOLI 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 an 750W oven. Please adjust accordingly.

**STOVE TOP:**

1. Place frozen BROCCOLI 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.

**INGREDIENTS: BROCCOLI**

MADE IN A FACILITY THAT ALSO PROCESSES PRODUCTS WITH PEANUTS AND SOY.

**NUTRITION INFORMATION**

Servings per package: 15

Serving size: 100 g

	Quantity Per serve	Quantity Per 100g
Energy	122 kJ ( 29 Cal)	122 kJ ( 29 Cal)
Protein	2.5 g	2.5 g
Fat, total	0.6 g	0.6 g
- saturated	0.2 g	0.2 g
Carbohydrate	2.2 g	2.2 g
- sugars	1.2 g	1.2 g
Sodium	32.0 mg	32.0 mg

**Halal:** Not 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 CHINA**

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**Date Issued:** 30/09/2015  
 Review in 3 years from date issued

**Authorised by: Therese Sillekens**