



McCain Foods (AUS & NZ) Pty Ltd
Customer Specification
202341
McCain Cauliflower 1.5kg

COOKING INSTRUCTIONS:

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

STOVE TOP:

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

MICROWAVE:

1. Place frozen Cauliflower into 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.

INGREDIENTS: Cauliflower 100%

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	Average Quantity per 100 g
Energy	105 kJ (25 Cal)	105 kJ (25 Cal)
Protein	1.5 g	1.5 g
Fat, total	0.4 g	0.4 g
- saturated	0.1 g	0.1 g
Carbohydrate	2.5 g	2.5 g
- sugars	2.1 g	2.1 g
Sodium	15 mg	15 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 China

Date Issued: 3/06/2016
 Review in 3 years from date issued

Authorised by: Therese Sillekens