



McCain Foods (AUS & NZ) Pty Ltd
Customer Specification
202312
McCain Brussels Sprouts 2kg

COOKING INSTRUCTIONS:

STOVE TOP:

1. Place Brussels Sprouts 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 Brussels Sprouts 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.

INGREDIENT: Brussels Sprouts

NUTRITION INFORMATION

Servings per package: 20

Serving size: 100 g

	Quantity Per serve	Average Quantity per 100 g
Energy	177 kJ (42.3 Cal)	177 kJ (42.3 Cal)
Protein	3.2 g	3.2 g
Fat, total	0.4 g	0.4 g
- saturated	0.1 g	0.1 g
Carbohydrate	4.5 g	4.5 g
- sugars	2.7 g	2.7 g
Sodium	3 mg	3 mg

*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.

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 Belgium

Date Issued: 9/10/2019
Review in 3 years from date issued

Authorised by: Michael Costigan