

# McCain Classics

## WHOLE GREEN BEANS



FOODSERVICE  
SOLUTIONS

Add a touch of verdant and flavoursome freshness to your menu with McCain Whole Green Beans. They are the perfect choice for salads or side plate service.

### PRODUCT INFORMATION



#### Product Code

1000004790

#### Inner Barcode

6009650907305

#### Outer Barcode

16009650907302

#### Pack Size

6 x 1kg

#### Shelf Life

18 Months

#### Storage Temp

< -18°C

#### Storage

Before opening store at -18°C or below

After opening reseal the bag and store at -18°C or below

### COOKING INSTRUCTIONS

FOR BEST RESULTS, COOK DIRECTLY FROM FROZEN. DO NOT OVERCOOK.



#### BOILING

1. Place McCain Classics Whole Green Beans into an equivalent amount of seasoned boiling water.
2. Boil for approximately 4 minutes.
3. Season and toss in butter.
4. Serve immediately.



#### STEAM

1. Place McCain Carrot Roundels in a single layer on a steam basket.
2. Season with salt & pepper
3. Cover with lid and steam for approximately 2-3 minutes.
4. Serve immediately.



#### MICROWAVE

1. Place McCain Whole Green Beans in a single layer on a steaming tray.
2. Season with salt, pepper & nutmeg.
3. Steam for approximately 5 minutes or until "al dente" & serve immediately.

### NUTRITIONAL INFORMATION

	Per 100g	Per 80g Single Serving
Energy (kJ)	166	133
Protein (g)	1.3	1.0
Glycaemic Carbohydrate (g)	5	4
of which total sugar (g)	3.4	2.7
Total fat (g)	0.4	0.3
of which saturated fat (g)	<0.1	<0.1
Dietary Fibre* (g)	3.0	2.4
Total sodium (mg)	6	5

\*AOAC, 1990

Information applies to product as packed.  
Nutritional information is based on South African Medical Research Council Food Composition Tables.

### ALLERGENS & RELIGIOUS CERTIFICATIONS



None



All our products and the raw materials used are not derived from or contain any Genetically Modified Organisms



Suitable for:  
Vegetarian Diet



Certifications:  
Halal (SANHA)



Kosher (Beth Din)

### INGREDIENTS

Whole Green Beans