

# McCain Classics CUT CORN



FOODSERVICE  
SOLUTIONS

An all-round winner, our corn is always sweet, plump and juicy, boasting excellent flavour and presentation.

## PRODUCT INFORMATION



**Product Code**  
1567

**Inner Barcode**  
6009650900115

**Outer Barcode**  
16009650900112

**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 Cut Corn in just enough boiling water to cover it.
2. Boil with lid off for approximately 3½ - 4½ minutes.
3. Season & serve.



### SAUTE

1. Sauté 1 large onion and 2 cloves of garlic.
2. Add McCain Cut Corn, season with salt and pepper.
3. Saute for 2-3 minutes.
4. Season & serve.



### MICROWAVE

1. Place McCain Cut Corn in a suitable microwave container.
2. Cover with cling wrap and pierce with a fork.
3. Microwave on HIGH for approximately 4 minutes.
4. Season with salt and pepper.

## INGREDIENTS

Cut Corn

## NUTRITIONAL INFORMATION

	Per 100g	Per 80g Single Serving
Energy (kJ)	495	396
Protein (g)	3.2	2.6
Glycaemic Carbohydrate (g)	22	17
of which total sugar (g)	2.6	2.1
Total fat (g)	0.8	0.6
of which saturated fat (g)	<0.1	<0.1
Dietary Fibre* (g)	2.7	2.2
Total sodium (mg)	3	2

\*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)