

# McCain Classics

## CUT GREEN BEANS



FOODSERVICE  
SOLUTIONS

Our freshly frozen cut green beans can be enjoyed on its own or in a variety of dishes providing delicious nutrition for the whole family to enjoy.

### PRODUCT INFORMATION



**Product Code**  
1412

**Inner Barcode**  
6009650900016

**Outer Barcode**  
16009650900013

**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.

*DUE TO VARYING CONDITIONS, COOKING TIMES STATED SHOULD BE USED AS A GUIDE ONLY.*

#### BOILING

- Place McCain Cut Beans in an equivalent amount of boiling water.
- Boil for approximately 3 minutes.
- Season, & toss in butter.
- Serve immediately.

#### STEAM

- Place McCain Cut Beans in a single layer on a steam basket.
- Season with salt, pepper & nutmeg.
- Steam for 4 minutes or until "al dente"
- Serve immediately.

#### SAUTE

- Saute finely chopped onions and garlic in oil.
- Add McCain Cut Beans and season with salt, pepper & nutmeg.
- Saute for 2-3 minutes.
- Serve immediately.

#### MICROWAVE

- Place 250g McCain Country Mix in a suitable container.
- Season with salt, pepper & nutmeg.
- Cover with cling wrap, pierce and microwave on high for 7 minutes or until cooked.

### INGREDIENTS

Cut Green Beans

### 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)