

# McCain Classics

## CHOPPED SPINACH



FOODSERVICE  
SOLUTIONS

Ideal for pastries and pies, **McCain Cut Spinach** adds a fresh and invigorating flavour to any dish.

### PRODUCT INFORMATION

**Product Code**

724

**Inner Barcode**

6009650901921

**Outer Barcode**

16009650901928

**Pack Size**

12 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 required quantity of McCain Cut Spinach into an equivalent amount of boiling water.
2. Boil (with lid off) for approximately 3 minutes.
3. Season with salt & pepper.

**SAUTE**

1. Sauté 1 large onion and 2 cloves of garlic.
2. Add McCain Chopped Spinach and sauté for approximately 3 minutes or until excess water has evaporated.

**MICROWAVE**

1. Place 250g McCain Cut Spinach 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

Chopped Spinach

### NUTRITIONAL INFORMATION

	Per 100g	Per 80g Single Serving
Energy (kJ)	115	92
Protein (g)	2.3	1.8
Glycaemic Carbohydrate (g)	2	2
of which total sugar (g)	0.5	0.4
Total fat (g)	0.0	0.0
of which saturated fat (g)	<0.1	<0.1
Dietary Fibre* (g)	2.2	1.8
Total sodium (mg)	124	99

\*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)