

# McCain Classics

## COUNTRY MIX



FOODSERVICE  
SOLUTIONS

Balanced and colourful, our Country Mix Vegetables provide easy back-of-house preparation, which reduces labour, time, and provides consistency. This flavoursome selection makes for a perfect side dish.

### PRODUCT INFORMATION



**Product Code**  
1391

**Inner Barcode**  
6009650900221

**Outer Barcode**  
16009650900228

**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 Country Mix in an equivalent amount of boiling water.
2. Boil (without lid) for approximately 3 minutes.
3. Season & serve immediately.



**STEAM**

1. Place McCain Country Mix in a single layer on a steam basket.
2. Cover with lid and steam for approximately 3 minutes.
3. Season & serve immediately.



**MICROWAVE**

1. Place 250g McCain Country Mix in a suitable container.
2. Cover with cling wrap, pierce and microwave on high for approximately 4 minutes.
3. Season & serve immediately.

### INGREDIENTS

Broccoli Cuts  
Cut Green Beans  
Carrot Roundels

Cauliflower Florets  
*In variable proportions according to season*

### NUTRITIONAL INFORMATION

	Per 100g	Per 80g <i>Single Serving</i>
Energy (kJ)	142	114
Protein (g)	1.5	1.2
Glycaemic Carbohydrate (g)	3	3
of which total sugar (g)	2.7	2.1
Total fat (g)	0.3	0.2
of which saturated fat (g)	<0.1	<0.1
Dietary Fibre* (g)	2.7	2.2
Total sodium (mg)	36	29

\*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)