

McCain

VEGGIE FINGERS



FOODSERVICE SOLUTIONS

The McCain Veggie Fingers are crispy, lip-smacking veggie delights filled with corn, peas, and carrots. Served them as an appetizer or a main meal for a high profitability menu item.

PRODUCT INFORMATION



Product Code

1000001910

Inner Barcode

8906000610961

Outer Barcode

18906000610999

Pack Size

12 x 1kg

Piece/Pack

72

Shelf Life

18 Months

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.



DEEP FRY

1. Preheat oil to 175°C.
2. Deep fry McCain Veggie Fingers for approximately 2½ - 3 minutes until crispy and light golden in colour.
3. Remove and drain excess oil.



OVEN BAKE

1. Preheat oven to 220°C.
2. Spread your McCain Veggie Fingers in a single layer on a baking tray.
3. Bake for approximately 14 -15 minutes.
4. Bake until crispy and light golden in colour.

INGREDIENTS

Vegetables (70%) [Potato, Carrot, Peas, Sweet Corn], Bread Crumb [Refined Wheat Flour (Maida) (Gluten), Yeast, Iodised Salt, Preservative (E282), Antioxidant: Ascorbic Acid (E300), Palmolein Oil, Batter [Refined Wheat Flour (Maida) (Gluten), Starch,

Corn Flour, Iodised Salt, Thickener: Carboxymethyl Cellulose (E466)], Rice Flakes, Corn Flour, Iodised Salt, Spices and Condiments, Parsley.

NUTRITIONAL INFORMATION

	Per 100g
Energy (kJ)	181.21
Protein (g)	3.06
Glycaemic Carbohydrate (g)	26.47
of which total sugar (g)	0
Total fat (g)	7.01
of which saturated fat (g)	3.27

**AOAC, 1990 Information applies to product as packed. Nutritional information is based on South African Medical Research Council Food Composition Tables.*

ALLERGENS & RELIGIOUS CERTIFICATIONS



Allergens:
Contains wheat



Suitable for:
Lacto-Vegetarian



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



Certifications:
Halal Certified