

# McCain Classics

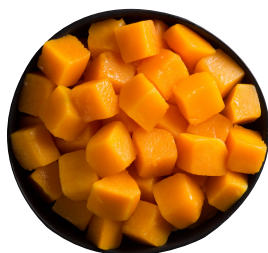
# BUTTERNUT CHUNKS



FOODSERVICE  
SOLUTIONS

*Our Butternut Chunks are harvested at the right time to ensure good quality, and we quickly freeze them to lock in the goodness. They are fresh and easy to prepare.*

## PRODUCT INFORMATION



### Product Code

1572

### Inner Barcode

6009650900054

### Outer Barcode

16009650900051

### 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

1. Place McCain Butternut Chunks in an equivalent amount of boiling water.
2. Boil (with lid off) for approximately 5 minutes.
3. Finish off in a pan with a little butter or olive oil.
4. Season & serve immediately.

### MICROWAVE

1. Place 250g McCain Butternut Chunks in a suitable container.
2. Cover with cling wrap and pierce with a fork.
3. Microwave on HIGH for approximately 6 minutes.
4. Season with salt & pepper.

### ROAST

1. Preheat the oven to 220°C.
2. Spread the McCain Butternut Chunks over a baking tray and drizzle with olive oil, salt & pepper.
3. Bake for 15 – 20 minutes or until the Butternut Chunks are cooked through.

### STEAM

1. Place McCain Butternut Chunks in a single layer on a steam basket.
2. Season with salt, pepper & chopped herbs.
3. Steam for 3-4 minutes.
4. Serve immediately.

## INGREDIENTS

Butternut Chunks

## NUTRITIONAL INFORMATION

	Per 100g	Per 80g Single Serving
Energy (kJ)	243	194
Protein (g)	1.6	1.3
Glycaemic Carbohydrate (g)	11	9
of which total sugar (g)	6.2	5
Total fat (g)	0.1	0.1
of which saturated fat (g)	<0.1	<0.1
Dietary Fibre* (g)	1.7	1.4
Total sodium (mg)	2	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)