

McCain Classics

PEAS



FOODSERVICE SOLUTIONS

One of South Africa's favourite frozen vegetable, **McCain Peas** are versatile and packed with fantastic flavour that will leave an indelible mark on one's palate.

PRODUCT INFORMATION



Product Code

634

Inner Barcode

6009650900146

Outer Barcode

16009650900143

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. IF THAWED, DO NOT REFREEZE. DO NOT OVERCOOK.



BOILING

1. Place McCain Whole Green Peas in just enough seasoned boiling water to cover.
2. Boil for approximately 3 minutes.

Chef's tip: Add whole fresh mint leaves to the boiling water for a unique taste.



SAUTE

1. Saute finely chopped onions and garlic in oil. Add McCain Whole Green Peas, season with salt and pepper

Saute for 2-3 minutes.



MICROWAVE

1. Place McCain Whole Green Peas in a suitable container.
2. Season with salt, pepper and butter.
3. Cover with cling wrap and pierce and microwave on HIGH for 3 minutes.

Chef's tip: Use in salads or together with diced carrots and/or cut corn.

INGREDIENTS

Whole Green Peas

NUTRITIONAL INFORMATION

	Per 100g	Per 80g Single Serving
Energy (kJ)	363	290
Protein (g)	5.0	4.0
Glycaemic Carbohydrate (g)	5	4
of which total sugar (g)	1.5	1.2
Total fat (g)	0.8	0.6
of which saturated fat (g)	<0.1	<0.1
Dietary Fibre* (g)	9.4	7.5
Total sodium (mg)	8	6

*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)