



Nutrition		
Servings Per Package: 26.6		Serving Size: 75g
	Ave. Quantity Per Serving	Ave. Quantity Per 100g
Energy	370kJ	493KJ
Protein	2.5g	3.3g
Fat, Total	1.5g	2g
- Saturated	0.2g	0.2g
Carbohydrate	14g	18.7g
- Sugars	3.2g	4.2g
Dietary Fibre	4.2g	5.6g
Sodium	3.0mg	4.0mg
< Means Less Than		

**Ingredients**  
Corn kernels.



## Frozen Corn Kernels

Soft and juicy golden corn kernels

Product Specification		Shipping Information	
SKU	40242	Length	379 MM
Pack Size	6 x 2kg	Width	281 MM
Brand	Edgell®	Height	215 MM
Gross Wt	12.68KG	Shelf Life	720 days
Net Wt	12KG		
Vegetarian	Y		
Halal Certified	Y		
Vegan	Y		

Please Note: Due to formulation changes, specification information on product packaging is most current.

Preparation Instructions For Food Safety and Quality		
Method Type	Time	Temperature
<b>Steamer</b> Place frozen corn in a single layer onto a perforated tray and steam for 4 minutes or until tender.	4 minutes	100°C
<b>Stove Top / Sauté</b> Add 200g of frozen corn to boiling water and return to boil. Simmer for 1 minute or until tender.	1 minute	100°C
<b>Microwave</b> Place 200g of frozen corn into a microwave-safe dish, cover, and microwave on high for 3 minutes.	3 minutes	High

Generated: Aug 19, 2024 | © Aug 19, 2024 J.R. Simplot Co. | SimplotFoods.com/au/ | 1-800-061-279