



Nutrition		
Servings Per Package: 26.6 Serving Size: 75g		
	Ave. Quantity Per Serving	Ave. Quantity Per 100g
Energy	177kJ	236KJ
Protein	1.4g	1.8g
Fat, Total	0.3g	0.4g
- Saturated	<0.1g	<0.1g
Carbohydrate	6.9g	9.2g
- Sugars	2.3g	3.1g
Dietary Fibre	3.1g	4.1g
Sodium	14.0mg	19.0mg
< Means Less Than		

Ingredients
Beans, carrot, corn.



Beans, Carrot & Corn Mix

A blend of green beans, carrot rings and corn kernels.

Product Specification		Shipping Information	
SKU	42033	Length	379 MM
Pack Size	6 x 2kg	Width	281 MM
Brand	Edgell®	Height	219 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
Steamer Place frozen vegetables in a single layer onto a perforated tray and steam for 5 minutes or until tender.	5 minutes	100°C
Stove Top / Sauté Add 200g of frozen vegetables to boiling water and return to boil. Simmer for 1½ minutes or until tender.	1½ minutes	100°C
Microwave Place 200g of frozen vegetables into a microwave-safe dish, cover, and microwave on high for 3 minutes.	3 minutes	High
Stir Fry Blanch 200g of frozen vegetables in boiling water for 1½ minutes. Heat a small amount of oil in a wok over high heat, add blanched vegetables to wok and stir fry for 2 minutes or until tender.	3½ minutes	High

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