



Nutrition		
Servings Per Package: 20		Serving Size: 75g
	Ave. Quantity Per Serving	Ave. Quantity Per 100g
Energy	109kJ	146kJ
Protein	2.3g	3.1g
Fat, Total	0.2g	0.3g
- Saturated	<0.1g	<0.1g
Carbohydrate	2.3g	3.1g
- Sugars	1.7g	2.3g
Dietary Fibre	2.8g	3.7g
Sodium	15.0mg	20.0mg
< Means Less Than		

Ingredients
Broccoli, carrot, red capsicum, sugar snap peas, baby corn.



Panache® Vegetable Mix

A premium vegetable mix made up of broccoli, carrot, red capsicum, baby corn and sugar snap peas.

Product Specification		Shipping Information	
SKU	42167	Length	379 MM
Pack Size	6 x 1.5kg	Width	281 MM
Brand	Edgell®	Height	214 MM
Gross Wt	9.68KG	Shelf Life	720 days
Net Wt	9KG		
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 2 minutes or until tender.	3 minutes	100°C
Microwave Place 200g of frozen vegetables into a microwave-safe dish, cover, and microwave on high for 3½ minutes.	3½ minutes	High
Stir Fry Blanch 200g of frozen vegetables in boiling water for 1 minute. 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.	3 minutes	High