



**McCain Foods (AUS & NZ) Pty Ltd**  
**Customer Specification**  
**82319**  
**McCAIN CORN KERNELS 2kg**

**COOKING INSTRUCTIONS:**

DO NOT THAW BEFORE COOKING.

PRODUCT MUST BE COOKED BEFORE CONSUMPTION.

**STOVE TOP:**

1. Place frozen Corn Kernels in boiling water. Add pinch of salt if desired. Bring back to boil and simmer until tender.  
100g approx 5 minutes.  
500g approx 5 minutes.
2. Drain and serve.

**MICROWAVE:**

1. Place frozen Corn Kernels in a microwave safe container and cook on high.  
100g approx 4 - 5 minutes.  
500g approx 9 minutes.

**NOTE:** Microwave instructions are based on a 750W oven. Please adjust accordingly.

**INGREDIENTS:** Corn Kernels

**NUTRITION INFORMATION**

Servings per package: 20

Serving size: 100 g

	Quantity Per serve	Quantity Per 100g
Energy	478kJ (114 Cal)	478kJ (114 Cal)
Protein	3.2g	3.2g
Fat, total	1.5g	1.5g
- saturated	0.2g	0.2g
Carbohydrate	20.5g	20.5g
- sugars	2.6g	2.6g
Sodium	10mg	10mg

**Halal:** Certified

**Kosher:** Not Certified

**Vegan:** Contains no animal products

**Vegetarian:** Contains no meat products

**GMO Statement:** This Product does not require Labelling as a genetically modified food in accordance with the Australian/NZ Food standards Code Volume 2, Section 1.5.2

**Storage:** Keep frozen at or below -18°C. Keeps for 2 years from the date of manufacturing.  
If content becomes thawed, use as soon as possible. Do not refreeze.

**Transport:** The product should be transported in accordance with the recommended Code of Practice for handling merchandising Frozen Foods such that product temperature and integrity is maintained at all times.

*This specification is valid at the time of issue. Check packaging for most up to date information. Please request updates as required.*

**Product of New Zealand**  
Est. No. 686

**Date Issued:** 31/08/2018  
Review in 3 years from date issued

**Authorised by:** Therese Sillekens