



200025C Baby Corn (Greens)



Pack Size: 10 X 1KG

Details: Cook from frozen quickly and easily. Perfect in stir fries.

Allergen Information

Free from:

Cereal, Celery, Soya, Crustaceans, Eggs, Fish, Gluten, Lupin, Milk, Molluscs, Mustard, Nuts, Peanuts, Sesame, Sulphur Dioxide

Suitable for:

Coeliacs, Vegetarians, Vegan

Handling Information

Directions For Use:

Best cooked from frozen

Heat a small quantity of oil or butter in a frying pan, place the frozen vegetables in the pan and allow to simmer on a low heat for approx. 10-12 minutes stirring as required, season to taste

Storage Instructions:

Refrigerator: 24 hours

Freezer compartment : 48 hours

Freezer: -18°C: see expiry date

Product Ingredients

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Baby corn (100%)

Nutritional Information

Typical Values per 100g/ml:

Based on a reference intake of an average adult (8400kJ/2000kCal) diet

Energy:

41 kcal / 171 kJ

Fat:

1 g

of which saturates:

0.2 g

Carbohydrates:

4.1 g

of which sugars:

1 g

Fibre:

2 g

Protein:

2 g

Salt:

0.06 g

All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.

