



**McCain Foods (AUS & NZ) Pty Ltd**  
**Customer Specification**  
**82305**  
**McCain Peas 6 x 2kg**

**COOKING INSTRUCTIONS:**

**STOVE TOP:**

1. Place frozen Peas in boiling water. Add pinch of salt if desired. Bring back to boil and simmer until tender.
2. 100g approx 5 minutes.
3. 500g approx 5 minutes.
4. Drain and serve.

**MICROWAVE:**

1. Place frozen Peas into a microwave safe container and cook on high.
2. 100g approx 4 - 5 minutes.
3. 500g approx 9 minutes.

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

**INGREDIENTS:** Peas 100%

NUTRITION INFORMATION		
Servings per package: 20		
Serving size: 100 g		
	Quantity Per serve	Average Quantity per 100 g
Energy	373 kJ (89 Cal)	373 kJ (89 Cal)
Protein	5.5 g	5.5 g
Fat, total	1.2 g	1.2 g
- saturated	0.2 g	0.2 g
Carbohydrate	12.2 g	12.2 g
- sugars	3.5 g	3.5 g
Sodium	8 mg	8 mg

**Halal:** Certified

**Kosher:** Not Certified

**Vegan:** Contains no animal products

**Vegetarian:** Contains no meat products

\*Percentage Daily Intakes are based on an average adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs.

**GMO Statement:** This Product does not require Labeling 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**

Date issued: 3/05/2016  
Review in 3 years from date issued

Authorised by: Therese Sillekens