



Arctic Gardens Corn Whole Kernel 6 x 2 kg

Ingredients:

Corn

Format: 6 x 2 kg

Product specifications

Country of origin : Canada

Nutrient Claims :

- Source of fibre

Shelf life :

The shelf life is 24 months. The temperature must be -18°C or 0°F.

Case code SCC : 10055686255005

Preparation

Start from frozen vegetables and cook to a minimum temperature of 75°C (165°F). Cooking time may vary depending on the type of appliance used. For best results, pierce vegetables with fork to check desired texture. Do not refreeze thawed product. If thawed, cook immediately.

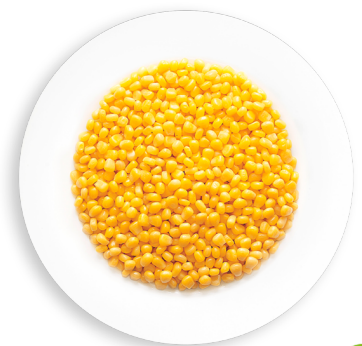
Recommended cooking method :



Steam

Combination oven, pressure-cooker, steamer basket, steamer.

Cook vegetables for approximately 3 to 5 minutes or until they have reached desired texture.



Nutrition Facts Valeur nutritive

Per 1/2 cup (85g) / par 1/2 tasse (85)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 70	
Fat / Lipides 0.5 g	1 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 4 mg	0 %
Potassium / Potassium 190 mg	5 %
Carbohydrate / Glucides 17 g	6 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 2 g	
Protein / Protéines 2 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	0 %
Iron / Fer	2 %

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