

NATURES LINK

FROZEN VEGETABLES



PRODUCT BENEFITS

- * Harvested at the optimum times and quick frozen to seal in the natural goodness and flavours.
- * All products are 100% natural and contain No added Salt, No added Preservatives, No added Colour and No added Flavour.
- * Consistent quality, portion control and cost control.
- * Quick, easy preparation.
- * Reduced labour costs and product wastage.
- * Year round availability at stable prices.
- * Provide versatility and high nutritional value for all foodservice outlets.

STORAGE INSTRUCTIONS

Keep Frozen at or below minus 18 °C.



NATURES LINK FROZEN VEGETABLES

PACKAGING DETAILS

Product Code	Product Description	GTIN (inner)	GTIN (outer)	Pack Size	Ctn Dimens.(mm)
159710	Peas	9326979000454	19326979000451	6 x 2 kg	378 x 283 x 200
159720	Sliced Beans	9326979000461	19326979000468	6 x 2 kg	378 x 283 x 200
159725	Whole Baby Beans	9326979000478	19326979000475	6 x 2 kg	378 x 283 x 200
159730	Corn Kernels	9326979000485	19326979000482	6 x 2 kg	378 x 283 x 200
159735	Corn Cobettes	9326979000492	19326979000499	1 x 100's	378 x 283 x 240
159750	Diced Carrots	9326979000515	19326979000512	6 x 2 kg	378 x 283 x 200
159740	Mixed Vegetables	9326979000508	19326979000505	6 x 2 kg	378 x 283 x 200

NUTRITION INFORMATION

Typical Composition	Peas	Sliced Beans	Whole Beans	Corn Kernels	Corn Cobs	Diced Carrots	Mixed Veg.
	Per 100g	Per 100g	Per 100g	Per 100g	Per 100g	Per 100g	Per 100g
Energy	273 kJ 65 Cal	79 kJ 19 Cal	109 kJ 27 Cal	350 kJ 83 Cal	345 kJ 82 Cal	144 kJ 35 Cal	144 kJ 35 Cal
Protein	5.9 g	1.4 g	1.6 g	2.6 g	2.6 g	2.7 g	2.7 g
Fat	0.5 g	0.2 g	0.3 g	0.7 g	0.7 g	0.3 g	0.3 g
Carbohydrate	9.8 g	4.6 g	4.9 g	17.5 g	17.5 g	6.9 g	6.9 g
Fibre	5.0 g	2.9 g	3.1 g	4.8 g	4.8 g	3.9 g	3.9 g
Vitamin A	-	-	-	-	-	720 mg	720 mg
Vitamin B ₁	0.3 mg	-	-	-	-	-	-
Vitamin B ₃	2.3 mg	-	-	-	-	-	-
Vitamin C	22 mg	11 mg	11 mg	7.2 mg	7.3 mg	11 mg	11 mg
Sodium	2 mg	-	-	1.1 mg	1 mg	1.9 mg	1.9 mg
Potassium	128 mg	-	-	275 mg	275 mg	190 mg	190 mg

COOKING RECOMMENDATIONS

To Cook	On Stove	In Microwave Oven
Basic cooking instruction. DO NOT THAW	Add required amount of frozen vegetables to boiling water. Return to boil. Cover. Reduce heat, simmer for appropriate times as directed (500gm serve)	Place required amount of frozen vegetables in glass or microwave dish. Cover. Microwave on high for appropriate cooking times as directed, stirring once (500g serve)
PRODUCT	TIME (mins)	TIME (mins)
Peas	3 - 4	6
Sliced Beans	3 - 4	6
Whole Baby Beans	4 - 5	6
Corn Kernels	4 - 5	8
Corn Cobettes	8	7 - 8
Diced Carrots	4	6
Mixed Vegetables	6 - 7	8
TO SERVE	Remove from heat, drain, season to taste.	Drain if necessary. Season to taste. * Times may vary slightly according to the power of your microwave and quantity of vegetables.

PRICING

Pack	Carton

Available From: