



We preserve nature's gifts

Ardo Sweet Corn Kernels

4332

Premium quality sweet corn kernels, frozen fresh for superior consistency and flavour.

- * Suitable for Vegans
- * No Preservatives
- * No Additives
- * Source of Fibre

Ideal for:

Cafes, restaurants, QSR, clubs, hotels, catering, hospitals, canteens and institutions.



Certifications:

HACCP Certified. GMO Free.

Product Information

Code	Product	Units/Carton
4332	Ardo Sweet Corn Kernels	4 x 2.5kg (10kg)

Nutrition Information

Servings per pack: 10
Serving size: 100g

	Avg Qty per serving	Avg Qty per 100g
Energy	326kJ	326kJ
Protein	3.0g	3.0g
Fat -Total	1.9g	1.9g
-Saturated	0.4g	0.4g
Carbohydrate	10.6g	10.6g
Sugars	4.8g	4.8g
Fibre	3.1g	3.1g
Sodium	4mg	4mg

Cooking Instructions Cook Before Consumption

Method 1 (Preferred preparation method)

Stove Top: Place the frozen vegetables in boiling water and bring back to boil. Frozen vegetables do not need to be cooked for as long as fresh since they are par cooked. Drain and season to taste.

Method 2

Microwave: Place the desired quantity of product in a non-metallic microwaveable bowl, cover and cook stirring occasionally.

Method 3

Fry Pan: Heat 1 - 2 tablespoons vegetable oil in a frying pan. Put the desired quantity of product in the frying pan and cook at medium heat stirring well.

Storage: Keep frozen at or below -18°C

Frozen Shelf Life: 2 Years from production

Chilled Shelf Life: Not recommended

Ingredients: Corn Kernels (100%)

Allergens: None

Product of Belgium





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Packaging

Packaging Configuration **4 x 2.5kg (10kg)**

Inner:



Packaging Type: Printed Food Grade Plastic Bag

Barcode: 5411361212707

Outer:

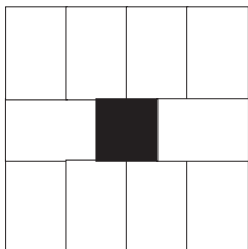


Packaging Type: Cardboard Carton

Barcode: 05411361000748

Dimensions: 390mm(L) x 260mm(W) x 160mm(H)

Pallet Configuration



10B1

10 Cartons per layer

6 Layers per pallet

60 Cartons per pallet