

# Sweetcorn 1kg

**UNIT:** 12 x 1 kg



## Description

High grade quality sweetcorn, grown by a family owned and run business in the heart of Flanders fertile fields. Perfectly situated on one central site, sweetcorn is processed at the peak of freshness and frozen to lock in all of nature's nutrients. The BRC AA grade factory maintaining the high quality needs for the concerning foodservice industry.



## Allergen Information



Cereal



Milk



Eggs



Peanuts



Nuts



Crustaceans



Mustard



Fish



Lupin



Sesame



Celery



Soya



Molluscs



SO2

## Specifications

### Nutrition

| Typical Values       | Per 100g/ml       |
|----------------------|-------------------|
| Energy               | 312 kJ<br>74 kcal |
| Fat                  | 1.4 g             |
| - of which saturates | 0.4 g             |
| Carbohydrates        | 12 g              |
| - of which sugars    | 8.1 g             |
| Fibre                | 2.5 g             |
| Protein              | 2.5 g             |
| Salt                 | 0.03 g            |

### Allergens

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

### Dietary Information

|    |                                               |     |
|----|-----------------------------------------------|-----|
| No | Suitable for Vegetarians                      | Yes |
| -  | Suitable for Vegans                           | Yes |
| No | Suitable for Sufferers of Lactose Intolerance |     |
| No | Suitable for Coeliacs                         |     |
| No | Approved for a Halal Diet                     | No  |
| No | Approved for a Kosher Diet                    | No  |
| No |                                               |     |
| No |                                               |     |
| No |                                               |     |
| No |                                               |     |
| No |                                               |     |
| No |                                               |     |

### Ingredients

Sweetcorn (100%)

### Directions for Use

For best results, cook from frozen.

Boiling Method: Place 250g of Sweetcorn in a saucepan with sufficient boiling water to cover. Bring the contents back to the boil. Cover the pan and simmer for 3-4 minutes until tender. Drain and Serve.

Microwave Guidelines: Per 250g – place contents into a microwavable container, add 1-2 tablespoons of water then cover and pierce. Heat on full power for 4.5 MINUTES (650W) or 4 MINUTES (750W).

Stir sweetcorn halfway through cooking. Drain and serve.

Cooking appliances vary. These instructions are given only as a guide. Ensure the product is piping hot before serving. For ovens of different power, heating time must be increased or decreased accordingly.

### Storage

#### Instructions

Keep frozen

\* Up to 1 week

\*\* Up to 1 month

\*\*\* -18°C or colder Up to 3 months

\*\*\*\* -18°C or colder Until Best Before

Date

Do not refreeze after defrosted.

### Packaging

GTIN: 5060154031850

Inner GTIN: 5060154033151

Weight/Volume:

Packaging Type: Polythene Bag

### Country of Origin

Belgium (n/a)

All Allergen and Nutrition information drawn from [www.erudus.com](http://www.erudus.com) on 18/06/2025