



Nutritional Information		
Servings Per Package: 26.6		Serving Size: 75g
	Ave. Quantity Per Serving	Ave. Quantity Per 100g
Energy	116KJ	155KJ
Protein	1.7g	2.2g
Fat, Total	0.2g	0.2g
- Saturated	<0.1g	<0.1g
Carbohydrate	3.5g	4.6g
- Sugars	2.6g	3.4g
Dietary Fibre	3.0g	4.0g
Sodium	23mg	31mg

< Means Less Than

Ingredients

Carrot, broccoli core, green beans, peas, sweet corn.



Mixed Vegetables

Serve fresh, flavourful dishes with ease, every time, with Edgell's Mixed Vegetables. This vibrant blend of Australian-grown peas, broccoli core, carrots, green beans, and corn kernels, has been tailored for chefs who prioritise quality and versatility, and is perfect for creating colourful side dishes, hearty mains, or wholesome soups. Edgell's Mixed Vegetables are incredibly convenient, with multiple cooking options available - you can steam, stir-fry, microwave, or boil them as required, without sacrificing quality or taste. Packaged in practical 6x2kg bags, with an extended shelf-life, this mix ensures a reliable supply for busy kitchens, making it an essential ingredient for any professional setting.

Product Specification		Shipping Information	
SKU	40259	Length	379 MM
Pack Size	6 x 2kg	Width	281 MM
Brand	Edgell®	Height	221 MM
Gross Wt	12.68KG	Shelf Life	720 Days
Net Wt	12KG		
Manufacturing Country	AU		
Grown in Australia	Y		
Halal	Y		
Vegetarian	Y		
Vegan	Y		
Please Note: Due to formulation changes, specification information on product packaging is most current.			

Preparation Instructions For Food Safety and Quality		
Method Type	Time	Temperature
Steamer		
Place frozen vegetables in a single layer onto a perforated tray and steam for 5 minutes or until tender.	5 minutes	100°C
Stove Top		
Add 200g of frozen vegetables to boiling water and return to boil. Simmer for 1½ minutes or until tender.	1½ minutes	100°C
Microwave		
Place 200g of frozen vegetables into a microwave-safe dish, cover, and microwave on high for 3 minutes.	3 minutes	High
Stir Fry		
Blanch 200g of frozen vegetables in boiling water for 1 minute. Heat a small amount of oil in a wok over high heat. Add blanched vegetables to wok and stir fry for 1 minute or until tender.	1 minute	High