

PACK'D

OUR ORGANIC SWEETCORN



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Storage: Keep frozen -18°C.
Blend or cook from frozen.
Packed in the UK for PACK'D Ltd.
PACK'D 201 Borough High Street,
London, SE1 1JA.



COOKING INSTRUCTIONS

Boil from frozen: Place in a saucepan of boiling water. Simmer for 2 minutes. Drain and serve. Ensure food is cooked until piping hot. Season to taste.

INGREDIENTS

Organic Sweetcorn (100%).

NUTRITION

Typical Values	Per 100g	RNI*	Per 50g	RNI*
Energy (kJ/kcal)	271/65	3%	136/33	2%
Fat (g)	1.8	3%	0.9	1%
of which saturates (g)	0.8	1%	0.1	1%
Carbohydrates (g)	1.5	2%	0.8	1%
of which sugars (g)	2.0	2%	1.0	1%
Fibre (g)	2.4		1.2	
Protein (g)	3.4	7%	1.7	3%
Salt (g)	0	0%	0	0%
Thiamin (mg)	0.16	16%	0.08	7%
Folate (µg)	21	21%	21	10%

* RNI: Reference Intake of an average adult (60kg/175cm).

