

**Green Giant Niblets lite sweet corn : no sugar or salt added : 340 g. / Green Giant Foods.**

**Contributors**

Green Giant Foods.  
Pillsbury Company.

**Publication/Creation**

Hove : Green Giant Foods, [1993]

**Persistent URL**

<https://wellcomecollection.org/works/tnp49ztp>

**License and attribution**

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).



Wellcome Collection  
183 Euston Road  
London NW1 2BE UK  
T +44 (0)20 7611 8722  
E [library@wellcomecollection.org](mailto:library@wellcomecollection.org)  
<https://wellcomecollection.org>



# Green Giant® Niblets® Lite

SWEET CORN

NO SUGAR OR SALT ADDED



340 g e

#### NUTRITION INFORMATION

	100g provides
Energy	295kJ/69kcal
Protein	2.3g
Carbohydrate	16.0g
(of which sugars 0.4g)	
Fat	0.0g
(of which saturates 0.0g)	
Fibre	6.0g
Sodium	trace

#### INGREDIENTS

Sweet corn, water.  
Vacuum packed with very little water.  
Product of France.  
FOR BEST BEFORE END SEE END OF CAN



5 010046 002109 >



# Green Giant® Niblets® Lite

Niblets® Lite is a brand of sweet corn unique to Green Giant®. With no added sugar or salt, Niblets® Lite is therefore a perfect option as a healthy, versatile vegetable which will brighten up any mealtime.

FREE FROM ARTIFICIAL COLOURS AND PRESERVATIVES

#### COOKING INSTRUCTIONS

**Cold:** The sweet corn is already cooked. Simply drain and serve.  
**Hot:** Simply heat in a saucepan. No water needs to be added. Season to taste.  
**Microwave:** Empty contents into glass/ceramic dish, cover and heat for 2 to 3 minutes. Season to taste.

**TO THE CUSTOMER:** We take every care to ensure that this product reaches you in perfect condition. However, if you are dissatisfied in any way, please return label and can code, stating where purchased. Your statutory rights are unaffected.  
Distributed by Green Giant Foods, Rayford House, School Road, Hove, East Sussex, BN3 5MX.  
Green Giant®, the Green Giant Figure and Niblets® are Registered Trademarks of The Pillsbury Company © 1991.

Green Giant® sweet corn is also available in frozen.