

Organic Japanese Noodles



From  Japan

Udon and Soba shops are found in every corner of town in Japan. Both Udon and Soba have developed into traditional Japanese noodles with the aid of their high nutritional value and their easy preparation. Since Udon and Soba are made from grains, one can easily enjoy the noodles as a main dish by including various other ingredients. Because of their simple preparation and short cooking time, anyone can enjoy these traditional noodles of Japan.



Organic 100% Buckwheat Soba 200g (7oz)

Organic 100% buckwheat soba is traditionally crafted Japanese noodles made with only whole buckwheat flour. No salt or other ingredients are added.

■ Ingredient:
Organic whole buckwheat flour

Nutritional Information per 100g		
Calories	365kcal	1527kJ
Total Fat	2.96g	Sodium 1.6mg
Saturated Fat	0.29g	Calcium 21mg
Cholesterol	<5mg	Iron 1.9mg
Total Carbohydrate	71.96g	Vitamin A <50IU
Dietary Fiber	5.9g	Vitamin C 1.4mg
Sugars	1.1g	
Protein	12.75g	



Organic Soba 250g (8.8oz)

Organic soba is traditionally crafted Japanese noodles made from organic buckwheat flour with finely milled husks and sea salt.

■ Ingredients:
wheat flour*, buckwheat flour*, seasalt
*=organic ingredient

Nutritional Information per 100g		
Calories	353kcal	1495kJ
Total Fat	2.5g	Protein 13.5g
Saturated Fat	0.4g	Sodium 801mg
Cholesterol	0mg	Potassium 220mg
Total Carbohydrate	71.96g	Magnesium 80mg
Dietary Fiber	4.5g	
Sugars	2.1g	

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ORGANIC NOODLES



Organic Udon 200g (7oz)

Organic Udon is traditionally crafted Japanese noodles made with organic wheat flour and sea salt.

■ Ingredients:
wheat flour*, seasalt
*=organic ingredient

Nutritional Information per 100g		
Calories	354kcal	1501kJ
Total Fat	2.1g	Protein 13.5g
Saturated Fat	0.4g	Sodium 756mg
Cholesterol	0mg	Potassium 136mg
Total Carbohydrate	70.2g	Magnesium 47mg
Dietary Fiber	4.5g	
Sugars	1.1g	