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MUSO Product Information Sheet

MCR001

21-12-14

PRODUCT NAME:	DRIED LOTUS ROOT SLICED		
DESCRIPTION:	Dried and sliced Lotus root		
STORAGE CONDITIO	Keep packed in cool and dry place, away from sunlight	Organic	-
STORAGE CONDITION (AFTER OPENING):	Seal and store in a cold dark place, away from heat and moisutre	SHELF LIFE	24 months

Product Code	Packaging Information	Unit GW (g)	Unit Size (mm)	Outer case GW (kg)	Outer Size (cm)
641035	50G (1.76 OZ) X 6 X 18 /CTN	55	20x200x140	8.5	40x36x53

INGREDIENTS

Lotus root

NUTRITIONAL INFORMATION

	per 100g
Energy : kJ	1,279
Energy : kcal	304
Fat: g	0.0
of which saturates: g	0.0
Carbohydrate (EU): g	54.0
of which sugars: g	5.0
Fiber: g	26.0
Protein: g	9.0
Salt: g (sodium (g) x2.5)	0.15
Sodium: mg	60

HOW TO USE:

Soak in water for one hour or until soft. They are then ready to use.