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MUSO Product Information Sheet

SWD029

23-04-24

PRODUCT NAME:	INSTANT WAKAME (China origin)		
DESCRIPTION:			
STORAGE CONDITION	Seal and store in cold dark place, away from moisture.	ORGANIC	-
STORAGE CONDITION (AFTER OPENING):	Store in a cold dark place, away from moisture.	SHELF LIFE	24 months

Packaging Information	Unit GW (g)	Unit Size (mm)	Outer GW (kg)	Outer Size (cm)
10KG /CTN			11	51.5x39.5x37.2
50G X 12 X 15 /CTN	55	30x140x215	11	72x37x57

INGREDIENTS

Wakame (Undaria pinnatifida)

HOW TO USE:

For a soup, no need to soak in water, just add into soup then cook a few minutes. For a salad, soak in cool water for a few minutes. The beautiful green color comes back. Drain and add to your favorite salad vegetables for a truly tasty delight.

NUTRITIONAL INFORMATION

	per 100g
Energy : kJ	798
Energy : kcal	194
Fat: g	1.7
of which saturates: g	0.6
Carbohydrate (EU): g	1.2
of which sugars: g	0.0
Fiber: g	45.8
Protein: g	20.4
Salt: g (sodium (g) x2.5)	16.35
Sodium: mg	6,538