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MUSO Product Information Sheet

SWD031

21-12-14

PRODUCT NAME:	KOMBU (Kurakon, 3rd)		
DESCRIPTION:	Wild Dried Edible Seaweed		
STORAGE CONDITIO	Keep packed in cool and dry place, away from sunlight	Organic	-
STORAGE CONDITION (AFTER OPENING):	Seal and store in a cool dark place, away from sunlight	SHELF LIFE	36 months

Product Code	Packaging Information	Unit GW (g)	Unit Size (mm)	Outer case GW (kg)	Outer Size (cm)
230200	10kg (22 LBS) / CTN	10050		11.55	47x63x41

INGREDIENTS

Kombu (Saccharina longissima Miyabe)

NUTRITIONAL INFORMATION

	per 100g
Energy : kJ	871
Energy : kcal	210
Fat: g	3.0
of which saturates: g	1.1
Carbohydrate (EU): g	21.5
of which sugars: g	0.0
Fiber: g	32.7
Protein: g	7.8
Salt: g (sodium (g) x2.5)	6.47
Sodium: mg	2,586

HOW TO USE:

Soak 2.5g Kombu in 1.5L of water. Bring to boil. Remove the kombu and the liquid (dashi) is ready to use for miso soup or any other dishes. Due to its natural tenderizing properties, Kombu is especially helpful when cooking dried beans.