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MUSO Product Information Sheet

SWD032

21-12-14

PRODUCT NAME:	KOMBU (CUT)		
DESCRIPTION:			
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	24 months

Product Code	Packaging Information	Unit GW (g)	Unit Size (mm)	Outer case GW (kg)	Outer Size (cm)
230301	50g in re-sealable standing bag x 200 /CTN	59.2	40x170x260	13.3	47x63x41

INGREDIENTS

Kombu (Saccharina longissima Miyabe)

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.

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