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MUSO Product Information Sheet

SWD013

24-01-17

PRODUCT NAME:	ARAME		
DESCRIPTION:			
STORAGE CONDITION	Keep packed in a cool and dry place, away from sunlight	ORGANIC	-
STORAGE CONDITION (AFTER OPENING):	Seal and 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)
1KG x 15 /CTN	1020	150x450x230	17.8	63x62x55
50G x 150 /CTN	54	70x170x280	9.9	62x64x41

INGREDIENTS

Arame (Eisenia bicyclis)

HOW TO USE:

Soak Arame in water for 10-20 minutes, drain and rinse. With its mild taste, Arame blends with most vegetables. Once cooked, Arame combines perfectly with sauteed vegetables, in casseroles, soups, vegetable pies and salads.

NUTRITIONAL INFORMATION

	per 100g
Energy : kJ	994
Energy : kcal	240
Fat: g	1.9
of which saturates: g	0.9
Carbohydrate (EU): g	24.1
of which sugars: g	1.4
Fiber: g	43.8
Protein: g	9.6
Salt: g (sodium (g) x2.5)	9.85
Sodium: mg	3,940