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MUSO Product Information Sheet

SWD014

21-12-14

PRODUCT NAME:	NORI (untoasted)		
DESCRIPTION:			
STORAGE CONDITION	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 moisture.	SHELF LIFE	24 months

Product Code	Packaging Information	Unit GW (g)	Unit Size (mm)	Outer case GW (kg)	Outer Size (cm)
270035	10 SHEETS(25G-0.88 OZ) PACK X 10 X 32/CTN	61	20x120x270	21.3	64x42x62

INGREDIENTS

Nori (Neopyropia yezoensis)

NUTRITIONAL INFORMATION

	per 100g
Energy : kJ	1,289
Energy : kcal	309
Fat: g	5.9
of which saturates: g	1.9
Carbohydrate (EU): g	7.2
of which sugars: g	0.0
Fiber: g	32.1
Protein: g	40.7
Salt: g (sodium (g) x2.5)	4.55
Sodium: mg	1,820

HOW TO USE:

Nori seaweed is used as a garnish, wrapped around food or rice balls. Quick toasting turns the sheet crisp, bright and fragrant. Also, it makes Nori sweeter and the color turns green.