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## MUSO Product Information Sheet

SWD015

21-12-14

PRODUCT NAME:	ORGANIC WAKAME		
DESCRIPTION:			
STORAGE CONDITION	Seal and store in cold dark place, away from moisture.	Organic	EOS
STORAGE CONDITION (AFTER OPENING):	Seal and store in 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)
220500	1 kg x 15 / CTN	1040	80x450x230	17.4	63x62x55
220510	50g in re-sealable standing bag x120/CTN	55	50x170x280	10	64x42x62
220523	50g Muso bag x 6 x 20 / CTN	54	50x170x280	10	64x42x62

### INGREDIENTS

Organic wakame (*Undaria pinnatifida*)

### NUTRITIONAL INFORMATION

	per 100g
Energy : kJ	542
Energy : kcal	132
Fat: g	0.5
of which saturates: g	0.0
Carbohydrate (EU): g	1.2
of which sugars: g	0.0
Fiber: g	37.2
Protein: g	12.1
Salt: g (sodium (g) x2.5)	19.46
Sodium: mg	7,782

### HOW TO USE:

Soak in cool water for 10-15 minutes, Drain and cut small. Add to favorite soups or other dishes. To soften Wakame for use in salad, immerse quickly in boiling water, then drain.