



UDON (TRADITIONAL PASTA FROM WHOLE GRAIN WHEAT)

About Udon (traditional pasta from whole grain wheat)

Description

Udon:noodles made with wholegrain wheat, consumed since ages by the Japanese, who appreciate them in particular in winter. A meticulous production process The cereals are ground several times : the flour becomes so fine that the noodles have a very smooth texture, in spite of the fact that they are made of wholegrain wheat. The paste is kneaded for a long time and is then spread out in fine sheets. In this manner, it can be cut into strips without being compressed. The strips are put to dry during at least 48 hours in a ventilated room, but without supply of artificially heated air, so that the quality of the noodles is preserved.

Use

Japanes pasta is delicious in all seasons, either served warm, in soups, with a spicy sauce or sautéed vegetables, or cold in fresh summer salads. Do not add salt to the boiling water, as the pasta already contains salt.

Ingredients

whole grain WHEAT flour*, sea salt.
*organically grown

Packaging

250 g.

Product organically grown

100% of the agricultural ingredients are from organic farming



AB



VEGAN



SOURCE OF

PROTEIN



SOURCE OF

FIBRE



NO ADDED SUGARS



LOW SATURATED FAT

Nutritional analysis

Average nutritional value per

	g/100g	portion 42g	%RI	RI
Energy	1460 kJ	613 kJ		
	345 kcal	145 kcal	7.00	2000 kcal
Fat	2,1 g	0,9 g	1.00	70 g
of which saturates	0,4 g	0 g	1.00	20 g
of which mono-unsaturates				
of which polyunsaturates				
Carbohydrates	66 g	28 g	11.00	260 g
of which sugars	1,1 g	0 g	1.00	90 g
Fibre	4,5 g	1,9 g		
Protein	14 g	5,7 g	11.00	50 g
Salt	1,9 g	0,8 g	13.00	6 g

RI: Reference intake of an average adult (8400 kJ/2000 kcal)

Allergen info

Ingredients

whole grain WHEAT flour*, sea salt.

* = organically grown

Allergens present in this product:

Gluten & Wheat