



# 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
<b>Energy</b>	1460 kJ	613 kJ		
	345 kcal	145 kcal	7.00	2000 kcal
<b>Fat</b>	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				
<b>Carbohydrates</b>	66 g	28 g	11.00	260 g
of which sugars	1,1 g	0 g	1.00	90 g
<b>Fibre</b>	4,5 g	1,9 g		
<b>Protein</b>	14 g	5,7 g	11.00	50 g
<b>Salt</b>	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

## Pro info

Packaging in carton:	6 x 250g
Item code	66820000
Item barcode	 5 411788 041195
Carton barcode	 5 411788 062619
Units / pallet:	1920
Cartons / pallet	320
Cartons / layer	16
Layers / pallet	20
Intrastat code	19021990
Net weight selling unit	250g
Net dimensions selling unit	d: 20 - w: 60 - h: 260
Net weight carton	1.50kg
Gross weight carton	1.67kg
Net dimensions carton	d: 260 - w: 185 - h: 50
Brand	Lima BV