



SHIITAKE



About Shiitake

Description

Shiitakes are dried Japanese Koshin mushrooms, they are used as seasoning. Shiitakes are high in protein, fiber and low in saturated fatty acids.

Use

Soak the Shiitakes 2 to 5 hours in water. Add the mushrooms with the soaking liquid to your cooking. Shiitakes can be used in many dishes: soups, stir fries and sauces.

Ingredients

shiitake* (dried mushrooms*).
*organically grown

Packaging

40 g.

Product organically grown

100% of the agricultural ingredients are from organic farming



AB



VEGAN



GLUTENFREE



SOURCE OF

PROTEIN



SOURCE OF

FIBRE



NO ADDED SUGARS



LOW SALT



LOW SATURATED FAT

Nutritional analysis

Average nutritional value per

	g/100g	portion 10g	%RI	RI
Energy	1110 kJ	111 kJ		
	267 kcal	27 kcal	1.00	2000 kcal
Fat	2,1 g	0 g	0.00	70 g
of which saturates	0,4 g	0 g	0.00	20 g
of which mono-unsaturates				
of which polyunsaturates				
Carbohydrates	19 g	1,9 g	1.00	260 g
of which sugars	0,7 g	0 g	0.00	90 g
Fibre	43 g	4,3 g		
Protein	21 g	2,1 g	4.00	50 g
Salt	0,02 g	0 g	0.00	6 g

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

Allergen info

Ingredients

shiitake* (dried mushrooms*).

* = organically grown

Allergenes

This product does not contain allergens