

PRODUCT NAME: LOTUS ROOT SLICES Kiriboshi Renkon

INGREDIENTS: lotus root

PRODUCTION PROCESS

SHELF LIFE: 18 Months

RECOMMENDED STORAGE CONDITIONS: Store in a cool, dry and dark place.

PREPARATION: Soak in boiling water for 20 minutes. Drain off excess water, then simmer or sautee with other vegetables. Season with Shoyu or Tamari to taste.

SHIPPING SIZE

ITEM CODE	SHIPPING SIZE
215K	8kg carton

COUNTRY OF ORIGIN

Japan (lotus root)

MICROBIOLOGICAL ANALYSIS

	Standard
Bacteria Count	< 100,000 cfu/g
E. Coli group	negative

NUTRITION ANALYSIS

Per	100g (for fresh lotus root)
Energy	276kJ/66kcal
Fat	0.1g
of which Saturates	<0.1g
Carbohydrate	15.5g
of which Sugars	13.5g
Fibre	2.0g
Protein	1.9g
Salt	0.1g