

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 |