

PRODUCT NAME: Shiitake Naminamidonko

INGREDIENTS: dried Shiitake (*Lentinus edodes*) mushrooms

SHELF LIFE: 18 Months

RECOMMENDED STORAGE CONDITIONS: Store in a cool, dry and dark place. Wash quickly and then immerse in lukewarm water for at least 30 minutes, preferably overnight. Squeeze excess water out of the mushrooms, cut off and discard the tough stems, and thinly slice the caps. Use their soaking water for superb soups or sauces, or add to stir-fries.

SHIPPING SIZE

RETAIL	25g bag x 12 x 8 carton 500g bag x 20 carton
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NUTRITION ANALYSIS

Per	100g
Energy	1259kJ/302kcal
Fat	4.2g
of which Saturates	1.1g
Carbohydrate	21.7g
of which Sugars	<0.2g
Fibre	36.5g
Protein	26g
Salt	0g