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|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| Product name        | <b>Crispy Shiitake Seaweed Snacks</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <a href="https://morishsnacks.co.uk/products/crispy-shiitake-seaweed-snacks">https://morishsnacks.co.uk/products/crispy-shiitake-seaweed-snacks</a> |
| Brand name          | Morish Snacks                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <a href="https://morishsnacks.co.uk/">https://morishsnacks.co.uk/</a>                                                                               |
| Description         | <p>Treat yourself to the earthy, buttery taste of MORISH's Crispy Shiitake Seaweed Snacks that'll have your taste buds beg for more. These crunchy bites of premium seaweed are lightly toasted to perfection with extra virgin olive oil, and crowned with hearty shiitake mushrooms. This extra nutrient-rich snack delivers what you'd expect – delicious umami goodness with hints of nuttiness.</p> <p>Cultivated in the pristine, nutrient-rich waters off South Korea's shores, our shiitake seaweed thins are fresh and clean. With just 21 calories per pack, they are guilt-free and loaded with vitals like Vitamin B12 and iodine. Whether you're vegan, gluten-free, fibre-maxxing, or keto, this crispy snack is here to level up your healthy snacking game!</p> <p>Our shiitake mushroom seaweed sheets are the perfect grab-and-go snack – perfect for work, school, home, or whenever cravings strike. But why just snack when you can sprinkle? Crumble them over ramen, rice bowls, salads, or anything that could use a crunchv. shiitake boost!</p> |                                                                                                                                                     |
| Ingredients         | Seaweed (47%), extra virgin olive oil (45%), shiitake powder (5%), sea salt, mixed tocopherols (vitamin E) to preserve freshness.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                     |
| Allergen statement  | Made on shared equipment that also processes soya, sesame oil.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                     |
| Storage information | Ambient. Store in a cool dry place.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                     |

| Typical nutritional values   | per 100g    | per pack (4g) |                     |
|------------------------------|-------------|---------------|---------------------|
| Energy (kJ / kcal)           | 2,214 / 529 | 89 / 21       |                     |
| Fat (g)                      | 40.8        | 1.6           |                     |
| of which saturates (g)       | 4.5         | 0.2           |                     |
| Carbohydrate (g)             | 9.1         | 0.4           |                     |
| of which sugars (g)          | 0           | 0             | Zero sugar          |
| Fibre (g)                    | 18.6        | 0.7           | High in fibre       |
| Protein (g)                  | 22.1        | 0.9           | Source of protein   |
| Salt (g)                     | 1.8         | 0.1           |                     |
| Vitamin B12 (µg / %RI)       | 21.1 / 842% | 0.8 / 34%     | High in vitamin B12 |
| %RI = daily reference intake |             |               |                     |

|                   |             |
|-------------------|-------------|
| Country of origin | South Korea |
| Commodity code    | 2008999990  |
| Manufacturing VAT | FSSC 22000  |
|                   | No          |



|                   |                       |                |                                |     |
|-------------------|-----------------------|----------------|--------------------------------|-----|
| General & dietary | Organic               | No             | Nut free                       | Yes |
|                   | Gluten free           | Yes, certified | Wheat free                     | Yes |
|                   | Vegan                 | Yes, certified | Free from palm oil             | Yes |
|                   | Vegetarian            | Yes            | Free from hydrogenated oils    | Yes |
|                   | Dairy free            | Yes            | Free from artificial additives | Yes |
|                   | Sugar free            | Yes            | Non-GM                         | Yes |
|                   | Free from added sugar | Yes            | Raw                            | No  |

| Packaging details | Packs | Weight Net | Gross | Dimensions L x W x H | Cases/pallet | Layers/pallet | SKU          | EAN            |
|-------------------|-------|------------|-------|----------------------|--------------|---------------|--------------|----------------|
|                   | #     | g          | g     | cm                   | #            | #             |              |                |
| Case 6x 5x4g      | 30    | 120        | 595   | 25 x 21.5 x 19       | 100          | 5             | MSSWSHI120G1 | 18807004004480 |
| Case 20x4g        | 20    | 80         | 306   | 29 x 10 x 18.5       | 200          | 5             | MSSWSHI080G1 | 18807004004459 |
| Caddy 5x4g        | 5     | 20         | 63    | 8 x 10 x 18          |              |               | MSSWSHI020G1 | 8807004004483  |
| Single pack 4g    | 1     | 4          | 8     | 0.5 x 10 x 18        |              |               | MSSWSHI004G1 | 8807004004452  |



# SNACKS WITH BENEFITS