

Store refrigerated
and consume within
4 days after opening.
Best before end: see lid

PL-EKO-07
EU Agriculture



Net weight: 300g



Morgiel



Organic Apple & Parsley Root Sauerkraut

*Organic, unpasteurised, vegan
and vinegar free. Nourishing
food with an authentic flavour.*

**Naturally
Fermented & Raw**

Prepared in Poland for Morgiel
Fine & Organic Foods Ltd,
Unit 39359, PO Box 6945,
London, W1A 6US
www.morgielfoods.co.uk

INGREDIENTS:
white cabbage* (86%), apple*
(9%), parsley root* (4.3%),
Himalayan salt. *organic
May contain **celeriac**
and **mustard** seeds.

Nutrition typical values.
100g contains:

energy	234kJ/56kcal
fat.....	0.3g
of which saturates.....	0.1g
carbohydrate	9.7g
of which sugars.....	1g
fibre	3.1g
protein.....	2g
salt.....	1.8g