

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

PL-EKO-07  
EU Agriculture



Net weight: 300g



ORIGINAL  
RECIPE

Morgiel



## Organic Kale 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](http://www.morgielfoods.co.uk)

INGREDIENTS:  
white cabbage\* (79%), kale\*  
(20%), Himalayan salt. \*organic  
May contain **celeriac**  
and **mustard** seeds.

Nutrition typical values.  
100g contains:

energy.....	262kJ/62kcal
fat.....	0.4g
of which saturates.....	<0.1g
carbohydrate.....	10g
of which sugars.....	0.7g
fibre.....	3.8g
protein .....	2.8g
salt .....	2g