

### Ingredients

Chinese Leaf Cabbage, Carrots, Daikon Radish,  
Spring Onions, Garlic, Ginger, Chilli Flakes,  
Chilli Powder, Gochugaru, Sea Salt.  
**ALLERGENS IN BOLD.**

-  Naturally Cultured
-  Gluten & Dairy Free
- RAW** Unpasteurised
-  Live Bacteria
-  Vegan

### Nutritional Information

Typical Values per 100g	
Energy Kj	111
Energy KCal	26
Fat	0.35g
of which Saturates	0.05g
Carbohydrates	5.3g
of which Sugars	2.71g
Fibre	1.47g
Protein	1.45g
Salt	4.76g



# Kimchi



CREATED IN WEST CORK BY

*Hayley Millthorpe*

A mother and nutritionist with  
a passion for fermented foods  
... the foods of our ancestors.



300g

Once opened refrigerate & consume within 14 days. Taste & texture may vary slightly from batch to batch due to the nature of wild fermentation.

Spice up your meals and discover the flavours of  
this hot and spicy South Korean condiment.

Unit 8 Carbery Enterprise Park, Skibbereen, Co.Cork P81 PX59 Ireland

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