

DID YOU KNOW...

Mushrooms are the **ONLY** food in the fresh produce section that produce Vitamin D!

A natural source of **VITAMIN D**

Contain **BETA GLUCANS** which lower cholesterol

Eating regularly may help **BOOST** the immune system

Some say that the mushroom has a magical gift, to clear up a fog, make energy lift, to heal up your system, make everything right, some mixed like a potion, make the world out of sight. our magical funghi is the right kind of snack, to give you the vitals you vitally lack, so we lovingly give from the roots of our tree, it's the tastiest shroom that ever can be.

SHIITAKE MUSHROOMS WITH SALT & PEPPER

(GB) Ingredients: Shiitake Mushrooms, Rice Bran Oil, Salt, Sugar, Black Pepper, Yeast Extract, Onion Powder, Chili Powder, Garlic Powder. Store in a cool dry place. Best before: (see right). Consume immediately after opening.

(FR) Ingrédients: Champignons Shiitake, Huile De Son De Riz, Sel, Sucre, Poivre Noir, Extrait De Levure, Poudre D'oignon, Poudre De Chili, Poudre D'ail. À consommer de préférence avant le: (regardez droit). À consommer rapidement après ouverture.

(D) Zutaten: Shiitake-pilze, Reiskeleöl, Salz, Zucker, Schwarzer Pfeffer, Hefeextrakt, Zwiebelpulver, Chilipulver, Knoblauchpulver. Kühl und trocken lagern. Mindestens haltbar bis: (schauen Sie recht). Unmittelbar nach dem Öffnen verbrauchen.

(E) Ingredientes: Hongos Shiitake, Aceite De Salvado De Arroz, Sal, Azúcar, Pimienta Negra, Extracto De Levadura, Cebolla En Polvo, Chile En Polvo, Ajo En Polvo. Conservar en un lugar fresco y seco. Consumir preferentemente antes del: (parezca derecho). Una vez abierto consumir inmediatamente.

(NL) Ingrediënten: Shiitake-paddenstoelen, Rijstzemelenolie, Zout, Suiker, Zwarte Peper, Gistextract, Uienpoeder, Chilipoeder, Knoflookpoeder. Bewaar op een koele en droge plaats. Tenminste houdbaar tot: (kijk net). Consumeer direct na openen.

(DK/NO/SE) Ingredienser: Shiitakesvampe, Risklidolie, Salt, Sukker, Sort Peber, Gærekstrakt, Løgulver, Chilipulver, Hvidløgpulver. Opbevares køligt og tørt / Förvaras torrt och svalt. Bedst før / Bäst före: (se til højre / ser rätt). Konsumeres bedst øjeblikkeligt efter åbning / Bør konsumeres direkt efter öppning.

(FI) Ainesosat: Shiitake-sienet, Riisileseölly, Suola, Sokeri, Mustapippuri, Hiivauute, Sipulijauhe, Chilijauhe, Valkosipulijauhe. Säilytys kuivassa ja viileässä. Parasta ennen: (näytä oikealta). Parhaimmillaan heti avaamisen jälkeen.

(GR) Συστατικά: Μανιτόρια Shiitake, Λάδι Από Πίτουρο Ρυζιού, Αλάτι, Ζάχαρη, Μαύρο Πιπέρι, Εκχύλισμα Μαγιάς, Σκόνη Κρεμμυδιού, Σκόνη Τσίλι, Σκόρδο Σε Σκόνη. Αποθηκεύστε σε δροσερό, ξηρό μέρος. Καλύτερο πριν: (βλ. δεξιά). Καταναλώστε αμέσως μετά το άνοιγμα.

(IT) Ingredienti: Funghi Shiitake, Olio Di Crusca Di Riso, Sale, Zucchero, Pepe Nero, Estratto Di Lievito, Cipolla In Polvere, Peperoncino In Polvere, Aglio In Polvere. Conservare in luogo fresco e asciutto. Da consumarsi preferibilmente entro: (vedi a destra). Consumare subito dopo l'apertura.

(PT) Ingredientes: Cogumelos Shiitake, Óleo De Farelo De Arroz, Sal, Açúcar, Pimenta Preta, Extrato De Levadura, Cebola Em Pó, Pimenta Em Pó, Alho Em Pó. Armazenar em local fresco e seco. Consumir de preferência antes: (veja à direita). Consumir imediatamente após a abertura.

NUTRITIONAL INFORMATION

Typical Values	per 100g	per pack (42g)	% RI*
Energy	1719kJ 411kcal	723kJ 173kcal	9%
Fat	13.1g	5.5g	28%
of which saturates	5.8g	2.4g	12%
Carbohydrate	55.4g	23.3g	18%
of which sugars	26.6g	11.1g	
Fibre	19.6g	8.2g	27%
Protein	8.2g	3.4g	
Salt	327.0mg	139.0mg	2%

* Reference intake of an average adult (8400kJ/2000kcal)

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