



Product name	Crispy Shiitake Seaweed Snacks	https://morishsnacks.co.uk/products/crispy-shiitake-seaweed-snacks
Brand name	Morish Snacks	https://morishsnacks.co.uk/
Description	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. 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! 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!	
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		Dimensions	Cases/	Layers/	SKU	EAN
		Net	Gross	L x W x H	pallet	pallet		
	#	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