

Greenland 31146 - Hiyashi Wakame Seaweed Salad

SEAWEED SALAD HIYASHI WAKAME FROZEN salad is in ginger sesame dressing; it is ready-to-eat when thawed; thaw & serve as salad & appetizer Ming Hong International is the industrys leading supplier of high quality Sushi & Asian Fusion cuisine ingredients.



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		Nutrition Fa	cts		
	Servings per Container 23.5 Serving size 3.0OZ (3oz)				
	Amount per serving Calories	90			
	% Daily Value*				
		Total Fat 3g	5%		
		Saturated Fat 0g	0%		
		Trans Fat			
		Cholesterol 0mg	0%		
★ Benefits		Sodium 770mg	33%		
		Total Carbohydrate 14g	5%		
SEAWEED SALAD HIYASHI WAKAME FROZEN sala when thawed; thaw & serve as salad & appetizer	Dietary Fiber 4g	14%			
Ming Hong International is the industrys leading cuisine ingredients. We offer a wide range of pro	Total Sugars 6g				
everything in between, our quality products and	Includes 0g Added Sugar	0%			
Ingredients	Allergens	Protein 1g			
SEAWEED, AGAR-AGAR, SESAME	Free From:	Vitamin D 0mcg	0%		
SEED, BLACK FUNGUS, RED CHILI PEPPER,	() eggs () fish () milk	Calcium 80mg Iron 0mg	6%		
	(S) peanuts (S) soy (1) tree nuts (S) wheat		0%		
SESAME SEED OIL, SUGAR, SALT, DISTILLED VINEGAR, DISODIUM	Concernes (a) soy (concernes (a) wheat	Potassium 0mg	0%		
INOSINATE, DISODIUM GUANYLATE, FD&C (YELLOW #5 & BLUE #1)		* The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. 2 a day is used for general nutrition advice.			

Product Specifications

Br	and		Manufacturer				Product Category			
Gree	enland	M	Ming Hong International			Vegetables, Oth			es, Other	
UF	РС	MFG #	SPC]#		GTIN		Pac	:k	Pack Desc.
654156	851612	85161	311	46	0065	54156851	1612			4/4.4 LB
Gross V	Veight	Net Wei	ght (Count	try of	Origin	Kos	Kosher C		ild Nutrition
18.6	ilb	17.6lb)		China		Ye	s		
Shipping Information										
Length	Width	Height	Volum	ne T	ΊxΗΙ	Shelf Li	fe S	Storage Temp From/To		
9.75in	9.75in	12in	0.66ft	:3 2	20x5	183day	/s	-2°F / -5°F		

Handling Suggestions

Keep frozen thaw under referigeration

Serving Suggestions

Thaw & serve

Prep & Cooking Suggestions

Keep frozen thaw under referigeration



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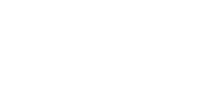


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Nutrition Analysis - By Measure

Calories	90	Total Fat	3g	Sodium	770mg
Protein	1	Trans Fats		Calcium	80mg
Total Carbohydrates…	14g	Saturated Fat	Og	Iron	0mg
Sugars	6g	Added Sugars	Og	Potassium	0mg
Dietary Fiber	4g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images



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