



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.



* Benefits

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Ming Hong International is the industrys leading supplier of high quality Sushi & Asian Fusion cuisine ingredients. We offer a wide range of products specifically for this sector. From A-Z, and everything in between, our quality products and professional staff is always at your service.

Ingredients

SEAWEED, AGAR-AGAR, SESAME SEED, BLACK FUNGUS, RED CHILI PEPPER, SESAME SEED OIL, SUGAR, SALT, DISTILLED VINEGAR, DISODIUM INOSINATE, DISODIUM GUANYLATE, FD&C (YELLOW #5 & BLUE #1)

Allergens

Free From:



Nutrition Facts

Servings per Container 23.5
Serving size 3.00Z (3oz)

Amount per serving
Calories 90

% Daily Value*

Total Fat	3g	5%
Saturated Fat	0g	0%
Trans Fat		
Cholesterol	0mg	0%
Sodium	770mg	33%
Total Carbohydrate	14g	5%
Dietary Fiber	4g	14%
Total Sugars	6g	
Includes	0g Added Sugar	0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	80mg	6%
Iron	0mg	0%
Potassium	0mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Handling Suggestions

Keep frozen thaw under refrigeration

Serving Suggestions

Thaw & serve

Prep & Cooking Suggestions

Keep frozen thaw under refrigeration

Product Specifications

Brand	Manufacturer	Product Category
Greenland	Ming Hong International	Vegetables, Other

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
654156851612	85161	31146	00654156851612		4/4.4 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
18.6lb	17.6lb	China	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
9.75in	9.75in	12in	0.66ft3	20x5	183days	-2°F / -5°F



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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	0g	Iron	0mg
Sugars	6g	Added Sugars	0g	Potassium	0mg
Dietary Fiber	4g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		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

