

PRODUCT INFORMATION

See also www.organic.nl

Product	Arame
Code	57000
Certificate	Product is not organic
Country of origin	Japan
Last update	04-09-2019
Date of issue	02-08-2016
This product is	Not genetically modified or irradiated

Production	
Ingredients	Arame (sea vegetable)
Additives	No additives
Process	Scientific name: Eisenia bicyclis Harvest Arame seaweed, drying, selecting, soak in water, wash, remove foreign object, cut, steam, press, cool, cut, drying, metal detecting, packaging.

Sensorial properties	
Smell	Neutral
Colour	Black
Taste	Mildly sweet but otherwise neutral, typical of sea vegetable
Appearance	Dark, thin, thread-like strips approx. 5 cm long

Packing	
Net content	1 kg
Kind of packing	Plastic bag in cardboard case
Pieces per pallet	80

Shelf life	
Storage conditions	Cool (10 – 25°C) and dry
Maximum shelf life	36 months after production

Nutritional values (per 100 gram)		(from supplier)
Energy	131 KJ 32 Kcal	
Protein (g)	0.8	
Fat (g)	0.3	Saturated: 0
Carbohydrates (g)	2	Sugars: 0
Dietary fibre (g)	9	
Salt (g)	0.4	

Microbiological Properties	
Salmonella (cfu/25g)	Absent

Use	<p>Arame's sweet, delicate flavour makes it an excellent choice for introducing sea vegetables into your daily diet. It is delicious sautéed with onions, carrots and tofu, or simply boiled after reconstituting for use in salads. To prepare, wash then soak the arame in cool water for 10-15 minutes. (Note: It will double in volume.) Drain well and rinse briefly.</p> <p>Health advice: Sea vegetable is naturally rich in iodine. People sensitive to the effects of iodine are advised to seek medical advice before consuming this product. Due to the nature of the product, this may contain a trace amount of fish/or shellfish particles. Product is high in fibre, calcium, magnesium, iodine and iron.</p>
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Allergy list (+ = present, - = absent and * = possible cross contamination)			
Cow's milk protein	-	Peanuts/groundnuts (-derivatives)	-
Lactose or milk sugar	-	Peanutoil	-
(Chicken) egg	-	Sesame	-
Soya protein (-derivatives)	-	Sesame-oil	-
Soya oil	-	Glutamate added E620-E625	-
Gluten	-	Sulfite E220-E228	-
Wheat	-	Benzoic acid/Parabens E210-E213	-
Rye	-	Azo-colours E102, E110, E122, E123, E124, E128, E129, E151, E154, E155	-
Beef (-derivatives)	-	Tartrazine E102	-
Pork (-derivatives)	-	Cinnamon	-
Chicken (-derivatives)	-	Vanillin	-
Fish	*	Coriander	-
Shell-fish	*	Celery	-
Corn /Maize (-derivatives)	-	Umbelliferae	-
Cocoa	-	Carrot	-
Yeast	-	Lupine	-
Pulses	-	Mustard	-
Nuts (-derivates)	-	Mollusc (- derivates)	*
Nut-oil	-		

Acceptable for:	
Vegetarians	Yes
Vegans	Yes
Lacto-vegetarians	Yes
Kosher-certified	Yes
Halal-certified	No
NOP-certified	No
Fairtrade IBD	No