



## 309405C Dried Mixed Forest Mushrooms (Merchant Gou



**Pack Size:** 400G TUB

**Details:** With a mixture of full flavoured mushrooms this product adds an extra dimension to many a meat, fish and vegetable dish.

### Allergen Information

**Free from:**

Cereal, Celery, Soya, Crustaceans, Eggs, Fish, Gluten, Lupin, Milk, Molluscs, Mustard, Nuts, Peanuts, Sesame, Sulphur Dioxide

**Suitable for:**

Coeliacs, Vegetarians, Vegan

### Handling Information

**Directions For Use:**

Rehydrate for 20 minutes in warm water.

**Storage Instructions:**

Store in a cool, dry place. Once rehydrated, keep refrigerated and consume within 2 days.

### Product Ingredients

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Slippery Jack (*Suillus Luteus* or *granulatus*.), Cloud Ear (*Auricularia Polytricha*.), Oyster Mushrooms (*Pleurotus Ostreatus*.)

### Nutritional Information

**Typical Values per 100g/ml:**

Based on a reference intake of an average adult (8400kJ/2000kCal) diet

**Energy:**

281 kcal / 1172 kJ

**Fat:**

6 g

**of which saturates:**

1 g

**Carbohydrates:**

60 g

**of which sugars:**

10 g

**Fibre:**

30 g

**Protein:**

20 g

**Salt:**

0.04 g

All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.

