



PACIFIC HARVEST

Furikake is a Japanese-style seasoning featuring seaweed and sesame seeds. Pacific Harvest furikake has been specially formulated to preserve the magical flavour of the traditional Japanese furikake without the use of animal or fish products or added MSG, salt or sugar. Made with 5 different seaweeds, chilli furikake is delicious on rice or pasta and can be used before, during or after cooking on meat, fish, vegetables and baking. The mild exotic chilli flavour is suitable for a wide variety of uses.

See www.pacificharvest.co.nz for more health and ingredient information and recipe suggestions.

STORAGE
Store in a cool dry place away from direct sunlight.



75g Net

Chilli Furikake

Paleo Friendly ✓

Vegan ✓

Kelp Tested for Contaminants ✓

Gluten Free ✓

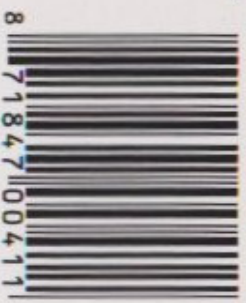
NUTRITION INFORMATION

Servings per Jar: 150	Serving Size: 0.5g	
Avg Qty: per serve	% RDI	per 100g
Energy 10kJ		1,940kJ
Protein 0.1g		19.4g
Gluten 0.0g		0.0g
Fat 0.2g		38.9g
Saturated <0.1g		5.8g
Carbohydrate 0.1g		18.8g
Sugars <0.1g		2.0g
Sodium 6mg		1,270mg
Iodine * 318µg	212%	63,587µg

* Percentage Daily Intakes are based on an average adult diet of 8700kJ. Your daily intake may be higher or lower depending on your energy needs.

INGREDIENTS: Sesame Seeds (59%), Seaweeds (30%), Kelp, Wakame, Ao non, Karengo, Sea Lettuce), Rice Flour, Chilli (2.5%), Sunflower Oil, Soy Sauce Powder, Spice Extracts, Stevia
CONTAINS: Sesame, Soy

Best Before:



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HEALTH WARNING: People with thyroid disorders or allergies to iodine should consult their health practitioner before consuming this product.

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Product of NZ