

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, citrus furikake is delicious on rice or pasta and can be used before, during or after cooking on meat, fish, vegetables and baking.

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.



PACIFIC HARVEST

Citrus Furikake

75g Net

Gluten Free

Seaweeds Tested for Contaminants

Vegan

Paleo Friendly



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

NUTRITION INFORMATION

Servings per Jar: 150	Serving Size: 0.5g	
Avgc Qty: per serve	% RDI	per 100g
Energy 10kJ		1,910kJ
Protein <0.1g		8.7g
Gluten 0.0g		0.0g
Fat 0.2g		36.8g
Saturated <0.1g		5.7g
Carbohydrate 0.1g		20.6g
Sugars <0.1g		1.5g
Sodium 6mg		1,290mg
Iodine * 312µg	208%	62,321µg

* 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 (56%), Seaweeds (34%) (Kelp, Wakame, Ao nori, Karengo, Sea Lettuce), Rice Flour, Citrus Powders and Essential Oils (2%), Spices & Spice Extracts, Onion, Sunflower Oil, Soy Sauce Powder, Parsley, Stevia

CONTAINS: Sesame, Soy

Best Before:



Product of NZ

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