

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

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

Garlic Furikake



75g Net

✓ **Gluten Free**

✓ **Kelp Tested for Contaminants**

✓ **Vegan**

✓ **Paleo Friendly**

HEALTH INFORMATION: 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	
Avg Qty: per serve	% RDI	per 100g
Energy 9kJ		1,822kJ
Protein 0.1g		16.0g
Gluten 0.0g		0.0g
Fat 0.2g		33.1g
Saturated <0.1 g		4.9g
Carbohydrate 0.2g		42.4g
Sugars 0.1g		15.5g
Sodium 6mg		1,162mg
Iodine* 286µg	191%	57,149µg

* Percentage Daily Intakes are based on an average adult diet of 6700kJ. Your daily intake may be higher or lower depending on your energy needs.

INGREDIENTS: Sesame Seeds (59%), Seaweeds (30%) (Kelp, Wakarame, Ao nori, Karango, Sea Lettuce), Garlic (5%), Rice Flour, Sunflower Oil, Soy Sauce Powder, Spices, Stevia.
CONTAINS: Sesame, Soy

Best Before:

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Product of NZ

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