



Toasted sesame sprinkled with seaweed - bulk - 600 g. Furikake is a crunchy mix of salty sesame seeds and Japanese seaweed. A Japanese condiment, to give a light salty touch to a rice dish, a salad or a fish dish.

DESCRIPTION

Furikake is a delicious crunchy mix of salty sesame seeds and Japanese seaweed. Commonly used to season rice dishes. Delicious spread over a salad or a fish dish or to give your homemade sushi a special touch (decorating it with furikake).

This is how you use it

Garnish rice (sushi), poké bowls, salads, and summer rolls with furikake.

This is how you save it

Store after opening tightly in a dry, dark place at room temperature (maximum 20 ° C).

Made in

Japan

Ingredients

salted black SESAME seeds* (SESAME seeds*, sea salt) (Bolivia), roasted white SESAME seeds* (Ethiopia), roasted black SESAME seeds* (Bolivia), ground SESAME seeds* (South America), aosa seaweed (Japan)

* = organic farming ° = Rainforest Alliance certified





Nutritional value per 100 g

Energy value (kj)2561 kj

Energy value (kcal)620 kcal

Total fat55.3 g

saturated fatty acids7.2 g

Carbohydrates6.3 g

Sugars0.8 g

dietary fiber6.3 g

total protein21 g

Salt0.8g

Sodium320 mg

Allergen information

NutsPossible traces of

PeanutPossible traces of

SesameGift

HazelnutsPossible traces of

Pecan nutsPossible traces of

Pistachios Possible traces of

Macadamia nutsPossible traces of





AlmondsPossible traces of

CashewsPossible traces of

Brazil nutsPossible traces of

nutsPossible traces of

Is furikake suitable for the keto diet?

Yes. Furikake is fairly low in carbohydrates (6%), high in protein (21%), and high in fat (55%). Perfect for the keto diet and low carb diet.

Properties

VeganYeast-FreeGluten-FreeNo Added SugarsNo Added Salt

Good to know

- Unique finishing touch
- Authentic Japanese seaweed
- Carefully roasted sesame seeds
- Rich in protein
- A good substitute for salt
- Delicious in salads, pickles, soup (miso) and rice dishes
- Japanese

