

DRIED KONJAC NOODLES 250 g

EAN: 703290815148

FABRICANTE: THE KONJAC SHOP



The Konjac Shop Dried Konjac Noodles is our line of dehydrated konjac noodles. Simply boil them for 5 minutes to obtain the usual shirataki konjac noodles.

DESCRIPTION

This package consists of 250g of dried konjac paste. Once boiled it reaches 600g of pasta. Contains 9 pasta nests.

Each nest of pasta weighs 25g and when hydrated it reaches 60g of pasta.

Another simple and healthy proposal to take care of your figure and replace traditional pasta that allows you to continue enjoying your favorite dishes while you lose weight and control the calories in your diet.

Ingredients

Water (85%), amorphophallus konjac (5%), tapioca starch, maltitol, sodium alginate, calcium hydroxide and citric acid.

Cooking

- Cook in boiling water for 5 minutes
- Drain and wash with plenty of water

Attention: cooking the pasta for longer does not alter its texture, so you can have it as long as necessary to make your recipe. You can see recipes here .

Conservation:

- Keep in a cool, dry place at room temperature
- Once cooked, refrigerate and consume within 3 days. Do not freeze

Nutritional information:

Parameter	Per 75g cooked	Per 100g cooked
Energy	179 kJ / 43kcal	238kJ / 57kcal

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Fats	<0.07g	0.1g
Saturated fats	0g	0g
Carbohydrates	9.8g	13.1g
Sugars	<1g	1.3g
Dietary fiber	2 g	2.67g
Protein	0.14g	0.19g
Salt	5mg	6.73mg

