



Spearmint freeze dried

339 kcal

- Tin:** radius 13cm, height 17.4cm, circumference 40.3cm
- Content:** Spearmint freeze dried, 100g
- Storage:** Preferably cool and dry, without direct sunlight.
Ideally at a constant temperature of approx. 15-20° Celsius.
- Once opened:** Always close the tin firmly with the plastic lid. Do not eat directly from the container (contamination), the opened product can be consumed within several weeks.
Avoid large temperature variation to prevent condensation.
- Shelf Life:** 10 years. Vacuumed and sealed under protective atmosphere (Swiss Can Machinery).

nutritional values per 100g:

product	energy KJ / kcal	fat	saturated fat	carbs	sugars	protein	salt	fibre
spearmint	1426 / 339	4.8g	0.88g	36.36g	35.99g	26.06g	0.26g	20.58g

- Directions:** Can be sprinkled directly into a dish and leave it to rest
dry/fresh ratio: 1:7 - which corresponds to 700g fresh spearmint