



Herbs Package

5'957 kcal

Dimensions: 55 x 41 x 23 L/W/H in cm
Weight: 5.7 kg
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
wild garlic	1243 / 297	3.87g	0.92g	37.83g	37.31g	11.62g	0.52g	28.14g
basil	1382 / 329	5.61g	1.03g	35.75g	35.4g	21.73g	0.16g	21.8g
spring onions	1389 / 330	2.13g	0.5g	60.27g	46.44g	6.38g	0.23g	19.85g
spearmint	1426 / 339	4.8g	0.88g	36.36g	35.99g	26.06g	0.26g	20.58g
galic	1518 / 358	0.3g	0.06g	71g	21.25g	15.13g	0.12g	4.53g
oregano	1612 / 384	10.76g	2.67g	52.19g	51.66g	11.83g	0.04g	13.55g
parsley	1302 / 310	1.89g	0.23g	38.75g	4.46g	23.25g	0.49g	22.31g
rosemary	1649 / 395	15.88g	2.92g	48.49g	48g	5.12g	0.13g	18.45g
sage	1566 / 374	12.98g	7.2g	43.65g	43.22g	10.84g	0.03g	18.45g
chives	1141 / 275	5.07g	0.67g	10.89g	10.89g	24.54g	0.05g	41.1g
thyme	1388 / 331	7.6g	3.79g	46.5g	46.04g	9.35g	0.14g	19.12g
onions	1414 / 335	3.09g	0.93g	54.38g	44.21g	13.04g	0.08g	15.47g

Ingredients Herbs Package



1 tin of Wild Garlic, 80g (237 kcal)

Ingredients: wild garlic, 2-8mm irregular, freeze dried

Dry/fresh ratio: 1:10 - which corresponds to 800g of fresh wild garlic

1 tin of Basil, 100g (329 kcal)

Ingredients: basil, 4-10mm irregular, freeze dried

Dry/fresh ratio: 1:7 - which corresponds to 700g of fresh basil

1 tin of Spring Onions, 80g (264 kcal)

Ingredients: spring onions, rings 6mm, freeze dried

Dry/fresh ratio: 1:7 - which corresponds to 560g of fresh spring onions

1 tin of Spearmint, 100g (339 kcal)

Ingredients: spearmint, freeze dried

Dry/fresh ratio: 1:7 - which corresponds to 700g of fresh spearmint

1 tin of Garlic, 450g (1611 kcal)

Ingredients: garlic 3x3x3mm cubes, freeze dried

Dry/fresh ratio: 1:3 - which corresponds to 1350g of fresh garlic

1 tin of Oregano, 100g (384 kcal)

Ingredients: oregano freeze dried

Dry/fresh ratio: 1:6 - which corresponds to 600g of fresh oregano

1 tin of Parsley, 100g (310 kcal)

Ingredients: parsley, 6mm irregular, freeze dried

Dry/fresh ratio: 1:6 - which corresponds to 600g of fresh parsley

1 tin of Rosemary 250g (987 kcal)

Ingredients: rosemary freeze dried

Dry/fresh ratio: 1:7 - which corresponds to 1750g of fresh rosemary

1 tin of Sage, 80g (299 kcal)

Ingredients: sage, freeze dried

Dry/fresh ratio: 1:7 - which corresponds to 560g of fresh sage

1 tin of Chives, 60g (165 kcal)

Ingredients: chives (tubes 3mm) freeze dried

Dry/fresh ratio: 1:7 - which corresponds to 420g of fresh chives

1 tin of Thyme, 140g (463 kcal)

Ingredients: thyme freeze dried

Dry/fresh ratio: 1:7 - which corresponds to 980g of fresh thyme

1 tin of Onions, 170g (569 kcal)

Ingredients: onions freeze dried

Dry/fresh ratio: 1:9 - which corresponds to 1530g of fresh onions