



Leek freeze dried

310 kcal

- Tin:** radius 13cm, height 17.4cm, circumference 40.3cm
- Content:** Leek (green/white – 10x10mm) 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
leek	1304/ 310	3.07g	0.83g	34.56g	32.44g	22.89g	0.11g	23.32g

- Directions:** Soak in cold water, eat cold or warm or sprinkle directly into a dish and allow to soak or eat directly as “chips”
- dry/fresh ratio: 1:10 – which corresponds to 1kg fresh leek