



## Oregano freeze dried

384 kcal

- Tin:** radius 13cm, height 17.4cm, circumference 40.3cm
- Content:** Oregano (irregular leaves) 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
oregano	1612 / 384	10.76g	2.67g	52.19g	51.66g	11.83g	0.04g	13.55g

- Directions:** can be sprinkled directly into a dish and leave it to rest  
dry/fresh ratio 1:6 –which corresponds to 600g of fresh oregano