



## Mushrooms (Champignons) freeze dried

225 kcal

- Tin:** radius 13cm, height 17.4cm, circumference 40.3cm
- Content:** Mushrooms in slices <45mm, freeze dried, 75g
- 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
Champignons	1262/ 300	2.99g	0.47g	6.7g	6.7g	49.16g	0,24g	22.72g

- Directions:** Soak in cold water, pour off and eat cold or sprinkle directly into boiling bouillon/water or into a dish and let it steep gently.  
dry/fresh ratio: 1:9- which corresponds to 0.675kg fresh mushrooms