

Organic Mugi Miso Paste 6x345g

Mugi Miso is a savoury Japanese seasoning, crafted from fermented soya beans and barley, and pasteurised after production. Fermentation time: minimum 12 months. This mild Miso is ideal for Asian cuisine and as a substitute for bouillon cubes, in stir-fry and stew dishes, or as a base for sauces and marinades.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	607 kj
Calorific value kcal	145 kcal
Fat	5.6 g
Of which saturated fatty acids	0.7 g
Carbohydrates	9.5 g
Of which sugar	5.6 g
Fibers	5.1 g
Protein	11.6 g
Salt	11.5 g

Allergene

Gluten-containing cereal	Ja
Chicken egg	Nein
Peanuts	Nein
Milk	Nein
Celery	Nein
Sesame seeds	Nein
Lupines	Nein
Crustaceans	Nein

Horst Bode Import-Export GmbH

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Fish	Nein
Soy	Ja
Nuts	Nein
Mustard	Nein
Sulfur dioxide and sulphite	Nein
Molluscs	Nein
Cashews	Nein
Spelt	Nein
Barley	Ja
Oat	Nein
Hybrid Strains	Nein
Kamut	Nein
Macadamia	Nein
Almonds	Nein
Brazil Nuts	Nein
Pecans	Nein
Pistachios	Nein
Rye	Nein
Hazelnuts	Nein
Sesame	Nein
Walnuts	Nein
Wheat	Nein