Mugi Miso paste organic

Designation: Seasoning paste made from fermented soybeans and barley

Description: Mugi Miso is a savoury Japanese condiment made artisan-style from fermented soybeans and barley and then pasteurised. Fermentation time: at least 12 months. The mild miso can be used for Asian cuisine and as a substitute for stock cubes, in wok and stew dishes or as a base for sauces and marinades.

Ingridients: soybeans*, **barley***, sea salt, water, koji (Aspergillus oryzae)

* from controlled organic cultivation

Raw food: No
Fairtrade: No
Gluten-free: No
Vegan: Yes
Superfood: No
Naturally gluten-free: No
Plastic-free: No
Organic: Yes
Value Pack: No

ECO Control Point: JP-BIO-154

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
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