MITOKU

ORGANIC CHICKPEA MISO

ORGANIC LENTIL MISO

MADE WITH NO SOYBEANS. UNPASTEURIZED.

Organic Vegan NO Additives

INGREDIENTS: chickpeas*(47%), rice*(34%), sea salt, water, Koji (*Aspergillus oryzae*) . *organically grown and processed.

This tasty and nutritious addition to our miso range replaces soybeans with organic chickpeas, resulting in an unpasteurized miso that is loaded with active enzymes while being allergen-free. This nourishing miso has a crisp texture and appealing color, with a well-balanced flavor combining sweet notes with salty.

Nutritional value	per100g
Energy	686KJ/163kcal
Fat	2.1g
of which saturates	0.28g
Carbohydrate	25.8g
of which sugars	19g
Fibre	5.2g
Protein	6.8g
Salt	11.8g

INGREDIENTS: lentils*(48%), rice*(34%), sea salt, water, Koji (*Aspergillus oryzae*). *organically grown and processed.

Made with organic lentils, this delicious addition to our miso range provides all the benefits of traditional unpasteurized miso without the use of soybeans. Rich in essential nutrients such as folate, iron, and manganese, the lentils also add their own distinctive texture and flavor to this wholesome condiment.

Nutritional value	per100g
Energy	507KJ/120kcal
Fat	0.6g
of which saturates	0.084g
Carbohydrate	19.1g
of which sugars	15.8g
Fibre	4.2g
Protein	6.8g
Salt	11.3g

300g TUB x 6 x 8

Mitoku' s unpasteurized miso range includes eight varieties, all made with the highest quality organic ingredients and carefully fermented. Traditional miso fermentation enhances its aroma, flavor, and color while preserving its rich nutritional value. Miso contains active enzymes that aid digestion and support the immune system. Unpasteurized miso is believed to retain more of these beneficial enzymes than pasteurized versions.
The packaging features a special valve that allows the miso to breathe, effectively preserving its quality and color.

Logistic information	
Pieces	300g tub x 6 x 8
Unit size(mm)	90 x 120 x 85
Trader case (mm)	250 x 290 x 105
Master case (mm)	300 x 515 x 455
Gross weight	19.3kg

Shelf life ·····24 months
Storage ·····a cool, dry, dark place
PB ····· label *conditions apply
Certification ···· EU Organic JP-BIO-154
Producer ····· Nagano Pre., Japan FSSC 22000 certified
MOQ ···Brown Rice Miso 10 cases, Rice Miso 66 cases
Packaging ····tub&lid: PET, inner sheet: parchment paper, inner seal: PET/AL/PET/PE (valve: PET) (compliance with EU 10/2011)

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