

819 Organic Green Kale & Brown Rice Spaghetti (3 Pieces)  
有机绿羽衣甘蓝糙米意大利面 (3 个装)



### Introduction

The noodles are made by whole grains contain bran, germ and endosperm which is leaving the nutritional essence of grains. The raw materials-rice show Taiwan's organic rice with a different appearance and protect Taiwan's unique rice culture with unique processing procedures. Without any chemical additives, it uses the simplest raw materials to make healthy and zero-burden glutinous rice noodles and a variety of grains. 100% whole grains, gluten-free, zero additives, dietary fiber, natural and elastic.

Also adding the Organic kale powder which increases the nurture value in the noodles.

### 简介

面条是由全麦制成，其中包含麸皮，胚芽和胚乳，这可以很好的保留了谷物的营养价值。稻米，是农民的骄傲，也是我们最熟悉的味道。

选择简单朴实的原料-米，将台湾有机米以不一样的方式展现其风采，并以独特的加工方式守护台湾特有的稻米文化。

无任何化学添加物，利用最单纯的原料制作健康零负担的麵条，享受谷物的多样化。

与有机农场合作，以行动支持当地农民的「心」[劳]，也保护这片美丽的土地。还添加有机羽衣甘

### Ingredients

- Organic Brown Rice (Taiwan)
- Organic Green Kale Powder

### 原料

- 有机糙米 (台湾)
- 有机绿羽衣甘蓝粉 (丹麦)

## USE

A. 1. Soak brown rice spaghetti in 100C° hot water and cover for 20-25mins. And hot water must cover Rice spaghetti.

After soaking, leave it to simmer on the stove for 3-5 mins.

3. Put cooked brown rice spaghetti in a pot of cold water and drain it. This step will make noodle taste better.

4. mix into your favourite sauce and ingrediens

B: 1. Put Soak brown rice spaghetti into boiling water for approximately 17mins. And hot water must cover rice spaghetti.

2. The following steps are the same as step.

## 食用方法

### 方法一

1.将糙米意大利面放在 100C°的热水中浸泡 20-25 分钟。热水完全覆盖面条。

2.浸泡后， 将其在炉子上煮 3-5 分钟。

3.将煮熟的糙米面条放入一盆冷水中并将其沥干。这样面条的味道更好。

4. 选择您最喜欢的酱料和配料

方法二:1.将糙米面条放入沸水中约 17 分钟。 而且热水必须超过意大利面。

2.之后步骤与方法一相同

## Nutrition Facts

3 serving s per container

Serving size 1 cup (80g)

Among per serving

Calories 280

Nutrition Facts	Value	% of DRI
<b>Total Fat</b>	<b>2g</b>	<b>3%</b>
Saturated Fat	0g	0%
Trans Fat	0g	
<b>Cholesterol</b>	<b>0mg</b>	<b>0%</b>
<b>Sodium</b>	<b>0mg</b>	<b>0%</b>
<b>Total Carbohydrate</b>	<b>62g</b>	<b>23%</b>
Dietary Fiber	3g	9%
Added Sugars	0g	0%
Protein	7g	14%
Vitamin D	0mcg	0%
Calcium	23.4mg	2%
Iron	0.7mg	4%
Potassium	0mg	0%

**Store in :** Dry and cool Place

**Shelf Life:** 12 months (unopened)

**Weight:** 240g(80g\*3)

**EAN :** 4710799340053

**HS Code :** 1902.30.90.002

每份 3 个

每份 80g

每份含量

卡路里 280

营养物质	含量	% of DRI
<b>总脂肪</b>	<b>2g</b>	<b>3%</b>
饱和脂肪	0g	0%
反式脂肪	0g	
<b>胆固醇</b>	<b>0mg</b>	<b>0%</b>
<b>钠</b>	<b>0mg</b>	<b>0%</b>
<b>总碳水化合物</b>	<b>62g</b>	<b>23%</b>
膳食纤维	0g	0%
糖	0g	0%
<b>蛋白质</b>	<b>7g</b>	<b>14%</b>
维生素 D	0mcg	0%
钙	23.4mg	2%
铁	0.7mg	4%
钾	0mg	0%

**储存方式:** 阴凉处保存

**保质期 :** 12 个月 (未开封)

**重量:** 240g(80g\*3)

**EAN :** 4710799340053

**HS Code :** 1902.30.90.002

## 成分表