

## Konjac-based noodles

**Ingredients:** Konjac noodles (konjac flour, acidity regulators: calcium hydroxide & citric acid, tapioca syrup, tapioca starch)

**Cooking Instructions:** Boil the noodles in 500ml of hot salted water for approx. 10 minutes. Drain noodles and enjoy with a delicious sauce or some sautéed vegetables.

Nutrition facts	Per 100g (dehydrated)	Serving (200g)	%RI per portion
<b>Energy</b>	274Kj / 65.5kcal	206Kj / 49.1kcal	2.46%
<b>Fat</b>	0.0g	0.0g	0.0%
of which saturates	0.0g	0.0g	0.0%
<b>Carbohydrates</b>	1.3g	0.972g	0.374%
of which sugar	0.1g	0.075g	0.083%
<b>Fiber</b>	30.0g	22.5g	90.0%
<b>Protein</b>	0.093g	0.07g	0.14%
<b>Salt</b>	0.0g	0.0g	0.0%

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Store in a cool, dry place