



Shiitake Bio 125 g Doypack Superfoods Drasanvi

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Description

Shiitake is a mushroom originally from East Asia. It has been cultivated for over 1.000 years, but there are references about its consumption long before. These mushrooms in their place of origin grow on a tree called Shii. They are recognized by their brown hat with gray specks and flavour. Currently, the Shiitake is one of the main sources of protein in the diet of people in several Eastern Asia countries, especially in Japan and China .It stands out for its high fibre content, β -D-Glucans and minerals such as Iron, Zinc and Magnesium, as well as vitamins of group B and D, which contributes to the absorption of calcium.

Ingredients

Organic Shiitake powder *Lentinula edodes*

Directions

Add one or two dessert spoons to sauces, shakes after finishing stews, stews, sautéed, tortillas and risottos and other recipes. Add it once the dish is tempered. 1 dessert spoon = around 3 grams

Presentation

Contains 125 g (4.4 oz.)

Warnings

Store in a cool, dry place.

Allergen free.

Additional Information

Organic Certification

The process of harvesting and processing of Reishi is done in compliance with the highest standards of quality, which has allowed us to be certified as organic.

Vitamin D Source

Shiitake contains naturally Vitamin D. This Vitamin contributes to the absorption of calcium from the diet and its use in the organism. Calcium has a main role in the correct functioning of the heart, muscles and nerves, in addition to its well known function for bones structures.

β-D-glucans presence

β-D-Glucans are branched polysaccharides from the cellulose family that can be found as a part of cell walls of Shiitake.

Nutrition Facts

Per 100g

Ingredients	Quantity/100g
Energetic Value	1134 kJ / 272 kcal
Fats	1,44 g
of which saturated	0,23 g
Carbohydrates	28,95 g
of which are sugars	<0,5 g
Fibre	42,59 g
Proteins	14,55 g
Salt	0,013 g

Allergen Information

Allergen-free

Certifications

