

WHOLE WOOD EAR MUSHROOMS

DESCRIPTION	Dried Woodear Mushrooms (<i>Auricularia Auricula</i>)
ORIGIN:	China
INGREDIENTS	Dried Woodear mushrooms
OTHER CHARACTERISTICS	<ul style="list-style-type: none"> ❖ Color – black cap with white/beige gills ❖ Consistency – inflexible, sharp edges ❖ Consistency after cooking – chewy/meaty ❖ Aroma – light ❖ Flavor – mild
ALLERGEN STATEMENT	This product contains sulfite (from 0 to 100 ppm)*
GMO	This product contains no GMO
PACK AND SIZE	Packed in 1-lb re-sealable poly bags or in bulk per each customer's request.
STORAGE AND SHELF LIFE	Ideally, store dried mushrooms in a freezer at 0 degrees Fahrenheit for a minimum shelf life of three (3) years. To prevent breakage, thaw the dried mushrooms for at least two hours if taken directly from the freezer. Outside of a freezer, store in a cool, dry area of no more than 65 degrees Fahrenheit for a minimum shelf life of six (6) months. Do not store dried mushrooms in humid conditions. Keep unused portion in sealed containers to prevent
KOSHER	YES
DIRECTIONS	Re-hydrate mushrooms in warm water for approximately 20 to 30 minutes. Rinse thoroughly and cook according
<p>This is NOT a Ready-to-Eat Product. It must be cooked prior to consumption.</p>	
<p>* No sulfites are added to the mushrooms. Small amounts of sulfites are inherent in fresh mushrooms. Sulfite amounts of 0 to 100 parts per million (ppm) have been detected in dried mushrooms.</p>	
<p><u>Representative Microbiological Analysis:</u> E. Coli: < 10/gm Staphylococcus: < 10/gm Salmonella: Negative</p>	

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ALLERGEN STATEMENT			
Component and derivative	Present in Product	Present in other products mfg on same line	Present in the same mfg plant
Barley, Rye Oats	No	No	No
Celery (not including seeds)	No	No	No
Corn	No	No	No
Egg	No	No	No
Fin Fish	No	No	No
Milk	No	No	No
Monosodium Glutamate	No	No	No
Peanuts	No	No	No
Seeds (Poppy, Sunflower, cottonseed)	No	No	No
Sesame Seeds	No	No	No
Shell Fish	No	No	No
Soybean Oil	No	No	No
Soybeans	No	No	No
Sulphites (enter max PPM)	<100	<100	<100
Tree Nuts	No	No	Yes
Wheat	No	No	No
Yellow 5 (Tartrazine)	No	No	No
Latex	No	No	No

Whole Wood Ear Mushrooms

(Auricularia Auricula)

Nutritional Information

Servings Per Container	Varied
Serving Size for Calculation	100 g
Reference Value	100 g
Household Measure	3.5 oz

	Per 100 g	Per Serving	Daily Value (DV)
Calories	343	340	
Calories from fat	3	0	
Fat	0.38 g	0 g	0%
Protein	6.67 g	7 g	
Moisture	13.23 g		
Ash	1.5 g		
Total Carbohydrates	78.22 g	78 g	26%
Dietary Fiber	76.1 g	76 g	304%
Sugars	0.4 g	0 g	
Cholesterol	0 mg	0 mg	0%
Saturated Fat	27% of Fat	0 g	0%
Monounsaturated Fat	35% of Fat	0 g	
Polyunsaturated Fat	37% of Fat	0 g	
Trans Fat	1% of Fat	0 g	
Sodium	110 mg	110 mg	5%
Calcium	88 mg	88 mg	8%
Iron	4.93 mg	4.93 mg	25%
Vitamin A	0 I.U.	0 I.U.	0%
Vitamin C	0 mg	0 mg	0%
Potassium	N/A		

This is a product is used primarily for texture rather than taste. Wood ear has little to no flavor (other than a faint woody-sandy taste when raw), but the mushroom will take on the flavor or taste that it is cooked with. Dried uncooked shredded Wood Ear mushrooms look like destroyed confidential files from an office rather than food. Hydrated, these delicate strings of finely sliced Wood Ear mushroom become brown and crunchy with a very light “forest” flavor. Many chefs treat shredded Wood Ear like a pasta instead of a mushroom. Add them to cold soba dishes, or tangle together with fettuccini and slather in an alfredo sauce for an East-meets-West dish. Try adding them to chicken soup for their antiviral properties. If you want to add texture to any dish, use shredded wood ear.