

 **Rejuvenative Foods**

CARAWAY KIM-CHI

Organic
**FRESH
RAW**

◆ **Vegan** ◆

A Trans-Fat-Free and Gluten-Free Food

Perishable - Keep Refrigerated

Net Wt. 15 oz. (428g)

INGREDIENTS: Cabbage*, carrots*, ginger*, caraway seeds*, health sea salt, garlic*, ground dried red peppers*.

*Ingredients with an * are certified organically grown.*

What is this product? Kim-Chi has been a staple in the Korean diet for centuries. It is made from fresh, shredded, unheated vegetables (see ingredients) which are put into stainless steel containers and left to culture for five to seven days. No water or vinegar is added. These delicious, high-fiber, low-fat, unheated, raw, organic, cultured vegetables are one of the richest sources of lactobacilli and enzymes available. Lactobacilli are probiotic microflora, naturally implanted by mother's milk, normally present in a healthy human digestive tract.

We make Kim-Chi fresh year round. Therefore from batch to batch, the taste, color and juiciness are different.

Serving Suggestions: Add delicious live zing to meals! This Kim-Chi mixes nicely with starches, proteins and vegetables. Serve with or on: rice cakes with fresh raw organic almond butter (or other nut and seed butters), tortillas, avocados, salads, seeds, nuts, grains, pizza, eggs, potatoes, meat, sandwiches & omelettes.

Nutrition Facts

Serving Size: 100g (7 tbsps)

Servings per container: about 4

Amount Per Serving

Calories 35 Fat Cal. 0

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 225mg 10%

Total Carbs 7g 2%

Dietary Fiber 2g 8%

Sugars 3g

Protein 1g

Vitamin A 50% • Vitamin C 25%

Calcium 6% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values maybe higher or lower depending on your calorie needs.



SUPERIOR QUALITY

*Eat This • Feel Better
or Your Money Back!*

(See our web site)

Rejuvenative Foods

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Monterey County
Certified Organic

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