

100% Organic Garlic Leaves Used



Garlic Leaf Paste with Yuzu Miso

Japanese style

Sushi
Yellowtail
Tempura

rice miso / rice vinegar / yuzu (juice and peel) / beet sugar

Sour flavor



Garlic Leaf Paste with Barley Miso

Meat
Yellowtail
Fried food

barley miso / rice vinegar / brown sugar / sesame seeds

Rich flavor



Garlic Leaf Paste Carpaccio style

Lean fish
Lean meat
Canapé

EXV olive oil / ponzu sause / cashew nuts / pine nuts / rock salt

Italian style



Garlic Leaf Paste Genovese style

Pasta
Baguette
Seafood

EXV olive oil / cashew nuts / pine nuts / rock salt / natural cheese / black pepper



GARLIC LEAF PASTE Nutrition facts (Per 20g)	Calories	Protein	Total fat	carbo hydrate	sodium
WITH YUZU MISO	26kcal	1.0g	0.2g	4.9g	197mg
WITH BARLEY MISO	31kcal	0.9g	0.6g	5.2g	252mg
CARPACCIO STYLE	85kcal	0.6g	8.6g	1.0g	157mg
GENOVESE STYLE	105kcal	0.8g	10.6g	0.7g	157mg

Garlic Leaves Nutrition facts (Per 100g)			Garlic Leaves Nutrition facts (Per 100g)		
		%DV			%DV
dietary fiber	4.1 g	20%	polyphenol	120 mg	12%
l- soluble	1.2 g		valine	108 mg	7%
potassium	339 mg	14%	leucine	171 mg	7%
calcium	78 mg	10%	isoleucine	83 mg	7%
iron	0.5 mg	7%	E threonine	94 mg	10%
vitamin A	0.3 mg	29%	A lysine	150 mg	8%
vitamin B1	0.1 mg	4%	A methionine	42 mg	9%
vitamin B2	0.1 mg	9%	phenylalanine	113 mg	14%
vitamin C	89 mg	89%	tryptophan	39 mg	16%
vitamin E	2.9 mg	48%	histidine	43 mg	7%

Web Site
<https://earthaid.co.jp/>



YouTube
Product & company info



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