



**m. mitofresh.**



m.

# JONGGA RICE CAKE & KIMCHI INFO



Kaktuki kimchi

Weight: 10 x 500g  
Box./Pal.: 160  
Shelf life: 180 days  
Origin: South Korea



Mat kimchi

Weight: 10 x 500g  
Box./Pal.: 160  
Shelf life: 180 days  
Origin: South Korea



Chonggak kimchi

Weight: 10 x 500g  
Box./Pal.: 160  
Shelf life: 180 days  
Origin: South Korea



Poggi kimchi

Weight: 10 x 500g  
Box./Pal.: 160  
Shelf life: 180 days  
Origin: South Korea



Rice cake slices

Weight: 10 x 500g  
Box./Pal.: 165  
Shelf life: 240 days  
Origin: South Korea



Rice cake

Weight: 10 x 500g  
Box./Pal.: 165  
Shelf life: 240 days  
Origin: South Korea



Yeolmu kimchi

Weight: 10 x 500g  
Box./Pal.: 160  
Shelf life: 180 days  
Origin: South Korea



# WHY EAT KIMCHI

Can help prevent diabetes

Good for brain health

Can help reduce food allergy symptoms

Helps prevent stomach ulcers

Helps improve digestion

Improves immunity

Healthy physical development

Low-calorie food

*Vitamins C, A, B1, B2, calcium, iron*

Rich in antioxidants

Helps Promote Heart Health

Anti-aging properties

Protects the body from oxidative stress

Lowers cholesterol in our body



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# GOOD TO KNOW KIMCHI

Kimchi is a collective name for fermented vegetables, usually cabbage.

There are 100 of different types of Kimchi

Kimchi exists for thousands of years

Kimchi is a (side) dish at almost each meal in Korea

Kimchi belongs to the top 5 most healthy dishes in the world

Kimchi has a positive effect in the fight with obesitas

When posing for pictures in Korea, they say "KIMCHI"



No. 1

Kimchi Brand  
Since 1987



# JONGGA KIMCHI

m. Patent for 'Vegetable Lactobacillus Fermentation Liquid ENT'

m. ISO 9001 certification

m. HACCP certification

m. LOHAS certification

m. HALAL certification

m. KOSHER certification

m. Patent for *Leuconostoc mesenterioes* DRC 0211

m. FSSC 22000 certification

m. 'Korean Brand Power Index No.1' for 20 years

# HOW TO USE JONGGA KIMCHI



## HOW TO PREPARE



COOKING

10 - 15 min



STIR-FRYING

6 - 8 min

## INGREDIENTS & NUTRITIONAL VALUE

Chinese cabbage (84%), carrot, red chillies, sea salt, spices (ginger, garlic\*, chilli)

Nutritional value per 100 g:

- m. Energy 93 kJ / 22 kcal.
- m. Fats 0.3 g
  - of which saturated fatty acids <0.1 g
- m. Carbohydrates 3.2 g
  - of which sugars 0.1 g
- m. Proteins 0.9 g
- m. Salt 2.30 g

*Keep refrigerated 0°C to 4°C*

m. In Korea it is customary to serve a number of small side dishes (banchan) in addition to a main course. At least one of those side dishes will be kimchi, a meal without kimchi is actually unthinkable.

m. Kimchi is used to flavor other dishes, such as soups, stews, rice dishes, etc. Or used in pancakes, dumplings (mandu) and nowadays even rice cakes (tteok) and bread.

m. The taste of kimchi is fresh acidic, not salty because of the fermentation. Furthermore, it depends on the variant whether it tastes fresh & light or slightly warmer & darker.



# HOW TO USE JONGGA RICE CAKE



## HOW TO PREPARE



COOKIN

10 - 15 min



STIR\_FRYING

6 - 8 min

## INGREDIENTS & NUTRITIONAL VALUE

Puffed rice pressed together into a cake

Nutritional value per 100 g:

- m. Energy 93 kJ / 22 kcal.
- m. Fats 0.3 g
  - of which saturated fatty acids <0.1 g
- m. Carbohydrates 3.2 g
  - of which sugars 0.1 g
- m. Proteins 0.9 g
- m. Salt 2.30 g

Vitamins A, B1, B2, B3, B5, B6, B12, C, D, E, K, Biotine, Foliumzuur

m. The slices or sticks of rice cake are often used in soup.

m. Cooked for 10-15 minutes in the broth which becomes white and bound.

m. Rinsing with hot water first helps to remove the layer of oil used against sticking.

m. Delicious in tteokguk/ Korean New Year Soup of tteokbokki.

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# MITROFRESH > JONGGA



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Since 1987



- m. Mitrofresh is one of three licensed Jongga suppliers in Europe
- m. You will be one of the few Jongga selling points
- m. Mitrofresh has Kimchi & Ricecake always available for you.

