

## BIO Natural Codium Barnacle Seaweed 90 g

EAN: 8436563500534 FABRICANTE: DELIALGA



The Barnacle Codium al Natural BIO algae is made in its own juice with seawater, at low temperature and pressure to guarantee a lower thermal impact and higher nutritional quality. This way all its properties, flavor and texture are preserved.

### DESCRIPTION

Canned seaweed is a delicious way to taste its exquisite flavor.

### Ingredients:

- Barnacle Algae\*.
- Water.
- Salt.

\*Organic production.

**Vegan. ECHO. Fiber sources.**

### FLAVOR:

Intense sea. It surprises with its intense **seafood flavor** that gives it its name. Barnacle algae tastes like barnacles.

### TEXTURE:

Velvety and fluffy. Soft when fresh, slightly firm when dehydrated.

### PROPERTIES:

(General considerations per 100 g of dehydrated seaweed)

- Its composition stands out for its considerable content of **minerals** such as sodium, calcium or iron; as well as vitamins A, C, B1 and B2.



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- Like the rest of the algae, it is low in fats and sugars.

### IDEAS TO ENJOY IT:

- It can be consumed **raw** , **cooked** , steamed, blended, pickled, as a dressing, in salads, with salpicones, in bechameles, **in seafood rice** , in omelettes, scrambled eggs, sautéed.
- Highly recommended in **tempura** .

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