

BIO Natural Wakame Seaweed 90 g

EAN: 8436563500510 FABRICANTE: DELIALGA



Following the 'slow food' philosophy, they are made in their own juice with sea water, at low temperature and pressure to ensure less thermal impact and greater nutritional quality. This way, all their properties, flavour and texture are preserved.

DESCRIPTION

Open and enjoy! Canned seaweed is a delicious way to enjoy its exquisite flavour.

Ingredients: Wakame seaweed*, water and salt. *Organically produced.

Vegan. ECO. Sources of fiber.

Flavor

Delicate taste **of the sea** .

Texture

Soft texture.

Properties

(General considerations per 100 g of dehydrated seaweed)

- Its composition includes **mineral salts and trace elements** , such as magnesium, phosphorus, potassium, iron, copper, zinc, iodine, and especially calcium.
- **11 times more calcium than milk** .
- In vitamins, it usually stands out in its composition in **vitamins A, K, C, B1, B2, B8 and B9** .
- Its average **protein** value is considerable.
- Like other algae, it is low in fat and sugar.

Ideas to enjoy it

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- You can eat it raw or cooked.
 - **Raw it is great for salads and canapés .**
 - Starting from dehydrated state, once soaked for 10 minutes and sprinkled with lemon, it is also ideal to consume raw in salads (information from Clemente book).
 - **Try cooking rice, vegetable creams and pasta with it .**
 - Use it in your fillings for empanadas, savory pies and croquettes.
 - **You can also toast it** to add a crunchy touch to your finished dishes; it is great in salads and creams.

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