



Organic Fresh Wakame Seaweed 100 g

EAN: 8436563500770 FABRICANTE: DELIALGA



Fresh organic seaweed in unrefined Atlantic sea salt is a very natural alternative to enjoy seaweed with all its flavour and properties.

DESCRIPTION

They can be stored in the pantry, do not need to be refrigerated and once opened they can be kept in perfect condition for months. Plus, their packaging is 100% compostable!

How do you cook with dried seaweed?

To eat them, simply remove the salt and wash them with water. Then, add them to your favorite dishes.

Vegan. Fat-free. ECO. Source of fiber. Sugar-free.

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.

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241116
<https://bio-farma.es/buy/ff/delialga/organic-fresh-wakame-seaweed-100-g>

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Ideas to enjoy it

- 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.

