

Seaweed Nori Sushi 10 Sheets BIO 25 g

EAN: 8436563500626 FABRICANTE: DELIALGA



Dehydrated organic seaweed. Using a traditional method, the seaweed is dehydrated at low temperature to preserve its nutritional and organoleptic value. 100% Nori in sheets for sushi.

DESCRIPTION

Open and ready! Prepare sushi **without having to hydrate** the Nori seaweed sheets.

Vegan. High in fiber. ECO. Low in sugar.

Flavor

Mild sea flavour reminiscent of **wild fish** .

Texture

Very smooth laminating.

Properties

(General considerations per 100 g of dehydrated seaweed)

- It stands out in its composition, mainly for its **high protein content** .
- It also usually contains considerable amounts of **mineral salts** and trace elements such as calcium, copper, manganese, magnesium, potassium, phosphorus, iron, iodine, selenium and zinc; or vitamins, especially A and **B12** .
- Like other algae, it is low in fat and sugar.

Ideas to enjoy it

- Nori is widely consumed thanks to **sushi** .
- But the truth is that it is a seaweed that combines wonderfully with other dishes, such as **fish** , stews, pasta, soups, salads, pâtés and stir-fries.
- But you can also **toast it** to sprinkle it on finished dishes and give it a crunchy touch.



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- It is also widely used to make **vegan fish** .

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241202
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