

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.

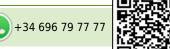
Properties

(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** .