



## 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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<https://bio-farma.es> - [info@bio-farma.es](mailto:info@bio-farma.es)

C/ Vermell, 20 3r 3a - 17252  
St. Antoni de Calonge (Girona) Spain

 +34 696 79 77 77





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

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