

Seaweed Spaghetti Al Natural BIO 86 g

EAN: 8436563500541 FABRICANTE: DELIALGA



BIO natural sea spaghetti seaweed is made in its own juice with sea water, at low temperature and pressure to guarantee a lower thermal impact and higher nutritional quality. This way all its properties, flavor and texture are preserved.

DESCRIPTION

Open and go! Canned seaweed is a delicious way to taste its exquisite flavor.

Ingredients:

- Sea Spaghetti Algae*.
- Water.
- Salt.

*Organic production.

Vegan. ECHO. Fiber sources.

FLAVOR:

Gentle. It reminds us of **cuttlefish** and **squid**.

TEXTURE:

Fleshy.

PROPERTIES:

(General considerations per 100 g of dehydrated seaweed)

- In addition to magnesium, potassium, calcium, manganese or vitamins A, E, B1, B2, B8 or B9; Sea



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spaghetti is one of the seaweeds that contains the most **iron** : 59 mg per 100 g.

- It also stands out in **vitamin C** , which favors the absorption of iron.
- It has considerable concentrations of **potassium** , making it a natural diuretic.
- Like the rest of the algae, it is low in fats and sugars.

IDEAS TO ENJOY IT:

- It is a very versatile seaweed in the kitchen. It can be eaten **raw or cooked** .
- Ideal to incorporate into stews, rice, legumes...
- Combines very well in **stir-fries, woks and salads** .
- You can also coat them, fry them and accompany them with lemon.

