

# Seaweed Spaghetti Al Natural BIO 86 g





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.

Vegan. ECHO. Fiber sources.

### **FLAVOR:**

Gentle. It reminds us of cuttlefish and squid .

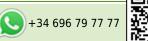
### **TEXTURE:**

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



<sup>\*</sup>Organic production.



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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.

