

## Hiziki 50 g

EAN: 8713576271706 FABRICANTE: TERRASANA



*Hiziki seaweed has a delicious, slightly firm bite and is often used in salads.*

### DESCRIPTION

Hiziki is a black seaweed with a tasty, slightly firm bite. It grows in water, at a depth of 1 to 2 meters, on rocky bottoms. It is carefully harvested by hand and dried in the sun. Hiziki is delicious as a garnish or in a salad, and is made even tastier by adding soy sauce and mirin.

### Instructions for use

Rinse well, soak for 10 minutes and drain. Fry briefly and cook for 15 minutes. Use as a garnish in stews and salads.

### Properties

Vegan. Yeast-free. Gluten-free. No added sugars. No added salt.

### Ingredients

- Hiziki (Japan)

\* = organic farming ° = Rainforest Alliance certified

### Nutritional value per 100 g

Energy value (kj) 170 kj

Energy value (kcal) 41 kcal

Total fat 0 g

saturated fatty acids 0 g

Carbohydrates 2.6 g

Sugars 0 g



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**EAN:** 8713576271706    **FABRICANTE:** TERRASANA

dietary fiber 11 g

total protein 2 g

Salt 0.59 g

Sodium 236 mg

Iodine 13300 µg



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