

ORGANIC SEAWEED

# Capitán alga

el  
SUPER  
ALIMENTO  
del Mar

## CODIUM SEAWEED

**SCIENTIFIC NAME:**

*Codium spp.*

**ORIGIN:**

Rías Baixas, Galicia, Spain.

**INTENSE FLAVOUR:**

Marine, reminiscent of barnacle flavour.

**SOFT TEXTURE:**

Creamy and gelatinous.

**NUTRITIONAL VALUES:**

High protein content.

Low calorie content.

Sugar free.

High in unsaturated fatty acids.

Rich in Vitamins A, B1 and C.

Source of Calcium (Ca), Magnesium (Mg) and Iron (Fe).

**BENEFITS FOR THE BODY:**

Antioxidant and alkalising effect.

It is beneficial for eyesight due to its riboflavin in riboflavin and for the skin and mucous membranes, for its retinol content.

Helps in the synthesis of collagen.

**COOKING TIME:**

It is recommended to cook codium for 3 min.

**FORMATS AND STORAGE:**

Fresh organic codium 100 g

Store between 2 and 8° C.

Salted organic codium 100 g

Store between 2 and 8° C.

Rinse off several times in warm water to get the perfect level of salt.

Dried organic codium 20 g

Store in dry, dark place.

Soak in water for 5 minutes.

Frozen organic codium 100 g

Store in freezer at -18°C.

Also available in other sizes.

Contact us: [info@capitanalga.es](mailto:info@capitanalga.es)



**AVERAGE NUTRITIONAL VALUES  
PER 100g OF PRODUCT:**

Energy	102 kcal/ 426,7kJ	5,1%*
Carbohydrates	0,5 g	0,18%*
Protein	0,9 g	1,40%*
Fibre	5,1 g	18,55%*
Fat	0,3 g	0,5%*
Salt	2,53 g	1,5%*
Sodium	3,96 g	172,17%*
Calcium	1,03 g	103%*
Iron	0,04 g	564,25%*
Magnesium	0,41 g	100%*
Potassium	4,5 g	128,21%*
Vitamin A	7 mg	800%*
Vitamin B1	0,233 mg	18,58%*
Vitamin C	23 mg	29,68%*

\*Daily Value



**PERFECT FOR...**

Use in salads and stir-fries.

Adding extra flavor of your risottos and pasta.

Use in béchamel sauce.

Goes perfectly with your fish and seafood dishes.

Surprise your guests with creative canapés.

DISCOVER MORE ON:  
[www.capitanalga.com](http://www.capitanalga.com)

