

ORGANIC SEAWEED

Capitán alga

el
SUPER
ALIMENTO
del Mar

KOMBU SEAWEED

SCIENTIFIC NAME:

Laminaria ochroleuca.

ORIGIN:

Rías Baixas, Galicia, Spain.

SEA FLAVOUR:

Lightly smoky and sweet taste.

SOFT TEXTURE:

Meaty and gelatinous.

NUTRITIONAL VALUES:

High fibre content.

Low fat content.

Sugar free.

Rich in Vitamins A and B12.

Source of Phosphorus (P) and Iron (Fe).

BENEFITS FOR THE BODY:

Helps to purify the intestine, reinforces the intestinal flora and eliminates toxins thanks to its alginic acid content.

Contributes to lowering blood sugar and to improve hypertension.

Satiating effect and helps to regain normal body weight.

COOKING TIME:

Se recomienda cocer el kombu durante 19 min.

FORMATS AND STORAGE:

Fresh organic kombu 100 g
Store between 2 and 8° C.

Salted organic kombu 100 g
Store between 2 and 8° C.
Rinse off several times in warm water to get the perfect level of salt.

Dried organic kombu 20 g
Store in dry, dark place.
Soak in water for 5 minutes.

Frozen organic kombu 100 g
Store in freezer at -18°C.

Also available in other sizes.
Contact us: info@capitanalga.es



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

		CDO*
Energy	274 kcal/ 1146,4 kJ	14,3%*
Carbohydrates	61,6 g	19,8%*
Protein	6,3 g	13,2%*
Fibre	3 g	10%*
Fat	0,3 g	0,6%*
Salt	0,75 g	1,5%*
Calcium	0,8 g	66,7%*
Iron	0,015 g	187,5%*
Phosphorus	0,165 g	23,6%*
Vitamin A	3,6 mg	400%*
Vitamin B12	0,2 mg	12083,3%*
Vitamin C	4,2 mg	4,7%*

*Daily Value



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Agricultura España

IDEAL PARA...

Giving your dishes an extra kick.
Combining with other vegetables.
Brings up the flavor of your salads, soups and rice dishes.
Giving a different touch to your legume recipes.

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www.capitanalga.com

