

ORGANIC SEAWEED

Capitán alga

el
SUPER
ALIMENTO
del Mar

SEA LETTUCE

SCIENTIFIC NAME:

Ulva spp.

ORIGIN:

Rías Baixas, Galicia, Spain.

SEA FLAVOUR:

Intense with a sweet touch.

DELICATE TEXTURE:

Slightly cartilaginous.

NUTRITIONAL VALUES:

High protein and fibre content.

Low fat content.

Sugar free.

Rich in Vitamins A, B1 and C.

Source of Iron (Fe) and Calcium (Ca).

BENEFITS FOR THE BODY:

Ideal for low-salt diets and for people with heart or overweight problems.

It helps to calm compulsive hunger.

Moderate consumption is recommended for people with hyperthyroidism.

COOKING TIME:

It is recommended to cook sea lettuce for 4 min.

FORMATS AND STORAGE:

Fresh organic sea lettuce 100 g

Store between 2 and 8° C.

Salted organic sea lettuce 100 g

Store between 2 and 8° C.

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

Dried organic sea lettuce 20 g

Store in dry, dark place.

Soak in water for 5 minutes.

Frozen organic sea lettuce 100 g

Store in freezer at -18°C.

Also available in other sizes.

Contact us: info@capitanalga.es

PERFECT FOR...

Use in salads.

Combines with your fish and seafood dishes.

Adding extra flavor of your thick or creamy soups.

Stews dressing.

Use like parsley in seafood dishes.

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

Energy	247 kcal/ 1033,4 kJ	12,9%*
Carbohydrates	42 g	13,5%*
Protein	17,8 g	37,2%*
Fibre	40,8 g	136%*
Fat	0,9 g	1,7%*
Salt	1,3-1,5 g	1,5%*
Sodium	1,6 g	100%*
Calcium	0,5245 g	43,7%*
Iron	0,0283 g	353,8%*
Vitamin A	0,29 mg	31,9%*
Vitamin B1	0,47 mg	39,2%*
Vitamin C	9,42 mg	10,5%*

*Daily Value



ES-ECO-022-GA
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www.capitanalga.com

