

ORGANIC SEAWEED

Capitán alga

el
SUPER
ALIMENTO
del Mar

SEA SPAGHETTI

SCIENTIFIC NAME:

Himanthalia Elongata.

ORIGIN:

Rías Baixas, Galicia, Spain.

EXUBERANT FLAVOUR:

Subtly marine with a fresh touch.

FIRM TEXTURE:

Fleshy and crunchy slices.

NUTRITIONAL VALUES:

High in protein and fibre.

Low fat content.

Sugar free.

Rich in Vitamins A and C.

Source of Calcium (Ca), Iron (Fe), Phosphorus (P) and Potassium (K).

BENEFITS FOR THE BODY:

Detox effect thanks to its high fibre content.

Helps the correct production of red blood cells due to its high iron content.

Moderate consumption is recommended for people with hyperthyroidism.

COOKING TIME:

It is recommended to cook sea spaghetti for 17 min.

FORMATS AND STORAGE:

Fresh organic sea spaghetti 100 g

Store between 2 and 8° C.

Salted organic sea spaghetti 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 spaghetti 20 g

Store in dry, dark place.

Soak in water for 5 minutes.

Frozen organic sea spaghetti 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:**

Energy	208 kcal/ 870,2 kJ	10,9%*
Carbohydrates	44 g	14,1%*
Protein	8,4 g	17,6%*
Fibre	32,7 g	109%*
Fat	1,1 g	2,1%*
Salt	0,86-1 g	1,5%*
Sodium	0,059g	3,1%*
Calcium	0,00072 g	60%*
Iron	0,059 g	737,5%*
Phosphorus	0,228 g	32,6%*
Potassium	8,25 g	412,5%*
Vitamin A	0,07 mg	7,8%*
Vitamin C	28,5 mg	31,7%*

*Daily Value



ES-ECO-022-GA
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PERFECT FOR...

Making tempura.

Use in stir-fries and woks.

Use like pasta (cook for 17 minutes).

Brings personality to your salads and fresh dishes.

DISCOVER MORE ON:
www.capitanalga.com

