

ORGANIC SEAWEED

# Capitán alga

el  
SUPER  
ALIMENTO  
del Mar

## WAKAME SEAWEED

**SCIENTIFIC NAME:**

*Undaria pinnatifida.*

**ORIGIN:**

Rías Baixas, Galicia, Spain.

**BALANCED FLAVOUR:**

Subtly marine with a sweet touch.

**MEATY TEXTURE:**

Fleshy and thin sheets with a creamy sensation.

**NUTRITIONAL VALUES:**

High protein and fibre content.

Low fat content.

Sugar free.

Rich in Vitamins B1, B2, B3 and C.

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

**BENEFITS FOR THE BODY:**

Antioxidant, anti-inflammatory  
and neuroprotective effect.

**COOKING TIME:**

Se recomienda cocer el wakame durante 15 min.

**FORMATS AND STORAGE:**

Fresh organic wakame 100 g

Store between 2 and 8° C.

Salted organic wakame 100 g

Store between 2 and 8° C.

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

Dried organic wakame 20 g

Store in dry, dark place.

Soak in water for 5 minutes.

Frozen organic wakame 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        | 53,5 kcal/ 223,8 kJ | 2,8%*  |
| Carbohydrates | 8,65 g              | 2,8%*  |
| Protein       | 3,03 g              | 6,3%*  |
| Fibre         | 0,5 g               | 1,7%*  |
| Fat           | 0,64 g              | 1,2%*  |
| Salt          | 1,3-1,5 g           | 1,5%*  |
| Sodium        | 0,872 g             | 54,4%* |
| Calcium       | 0,15 g              | 12,5%* |
| Iron          | 0,00218 g           | 27,3%* |
| Phosphorus    | 0,08 g              | 11,4%* |
| Potassium     | 0,05 g              | 2,5%*  |
| Vitamin B1    | 0,06 mg             | 5%*    |
| Vitamin B2    | 0,23 mg             | 17,7%* |
| Vitamin B3    | 2,18 mg             | 0%*    |
| Vitamin C     | 3 mg                | 3,3%*  |

\*Daily Value

**PERFECT FOR...**

Combine with other vegetables.  
Brings up the flavor of your salads, soups and rice dishes.  
Making delicious fillings for original pies.

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

