



From  Japan

# Sea Vegetables

Sea vegetables, valued as “Golden Treasures of the Sea,” contain an abundance of minerals, vitamins, and dietary fiber. The regular addition of sea vegetables to your diet not only adds an extra dimension of flavor, texture, and color to your food, but also a “warehouse of nutrition” rarely found in land vegetables.



**Wakame**  
50g (1.7oz)



**Arame**  
50g (1.7oz)



**Kombu**  
50g (1.7oz)



**Hijiki**  
50g (1.7oz)



**Nori**  
10 sheets  
25g (0.88oz)



**Sushi Nori**  
10 sheets  
25g (0.88oz)

# 海藻

## Mineral Rich Food from the Ocean

Sea  
Vegetables

### Arame 50g (1.7oz)

Arame has a mild aroma and taste, making it an excellent introduction to edible sea vegetables. It grows wild and is hand-harvested during the summer. Washed and naturally sun dried, Arame is steamed, and thinly shredded for easy use.

- Ingredient: Arame (*Eisenia bicyclis*)

Nutritional Information per 100g	
<b>Calories</b>	216kcal /916kJ
<b>Total Fat</b>	3.2g
Saturated Fat	1.3g
<b>Cholesterol</b>	< 0.1g
<b>Total Carb.</b>	29.2g
Dietary Fiber	25.4g
Sugars	4.4g
<b>Protein</b>	17.7g
Sodium	15600mg
Potassium	22400mg
Calcium	602mg
Iron	3.6mg
Magnesium	942mg
Vitamin A	5075 IU
Vitamin C	28.6mg

### Sushi nori 25g (0.88oz)

Home-made Sushi can be very simple, exquisite, or splendid depending on spreads and fillings you choose. Experiment with a variety of colorful ingredients that enhance appearance, taste, and texture to create your own scrumptious Sushi rolls.

- Ingredient: Arame (*Eisenia bicyclis*)

Nutritional Information per 100g	
<b>Calories</b>	382kcal /1615kJ
<b>Total Fat</b>	5.8g
Saturated Fat	1.8g
<b>Cholesterol</b>	13.3g
<b>Total Carb.</b>	40.2g
Dietary Fiber	24.5g
Sugars	< 0.5g
<b>Protein</b>	42.2g
Sodium	1310mg
Potassium	7770mg
Calcium	337mg
Iron	10.6mg
Magnesium	258mg
Vitamin A	25565 IU
Vitamin C	221mg



### Wakame 50g (1.7oz)

Wakame is the most popular Japanese sea vegetable. Harvested from the ocean floor from January to the end of April, it is washed and naturally sun dried.

Wakame "From Japan," is dried naturally under the sun; therefore, it retains more of its nutritional value as well as its original, fresh Wakame flavor.

- Ingredient: Wakame (*Undaria pinnatifida*)

Nutritional Information per 100g	
<b>Calories</b>	216kcal /916kJ
<b>Total Fat</b>	3.2g
Saturated Fat	1.3g
<b>Cholesterol</b>	< 0.1g
<b>Total Carb.</b>	29.2g
Dietary Fiber	25.4g
Sugars	4.4g
<b>Protein</b>	17.7g
Sodium	15600mg
Potassium	22400mg
Calcium	602mg
Iron	3.6mg
Magnesium	942mg
Vitamin A	5075 IU
Vitamin C	28.6mg

### Nori 25g (0.88oz)

Because of its pleasant flavor, nutritional value, and versatility, Nori is the most widely consumed sea vegetable in Japan. It is washed, minced, and pressed into thin sheets so it can be used in a variety of ways.

- Ingredient: Arame (*Eisenia bicyclis*)

Nutritional Information per 100g	
<b>Calories</b>	373kcal /1578kJ
<b>Total Fat</b>	5.9g
Saturated Fat	1.9g
<b>Cholesterol</b>	8.43g
<b>Total Carb.</b>	39.3g
Dietary Fiber	32.1g
Sugars	< 0.5g
<b>Protein</b>	40.7g
Sodium	1820mg
Potassium	8220mg
Calcium	180mg
Iron	8.94mg
Magnesium	277mg
Vitamin A	31686 IU
Vitamin C	109mg

### Kombu 50g (1.7oz)

Kombu is a deep green kelp that grows wild and is cut from the ocean floor in fall. It is then washed; sun dried, cut into uniform sizes, and carefully selected and graded. It is most frequently used to make "Dashi" (Japanese broth), as it contains a lot of "Umami" flavor (mouthwatering savoriness).

- Ingredient: Kombu (*Laminariaceae longissima*)

Nutritional Information per 100g	
<b>Calories</b>	267kcal /1130kJ
<b>Total Fat</b>	2.7g
Saturated Fat	1.1g
<b>Cholesterol</b>	< 0.1g
<b>Total Carb.</b>	51.5g
Dietary Fiber	0.4g
Sugars	15.8g
<b>Protein</b>	9.1g
Sodium	5640mg
Potassium	5055mg
Calcium	533mg
Iron	1.97mg
Magnesium	533.5mg
Vitamin A	
Vitamin C	< 0.5mg

### Hijiki 50g (1.7oz)

Popular as a low calorie health food in Japan, Hijiki grows wild and is hand-harvested in early spring. It is washed, steamed, then dried and carefully selected.

- Ingredient: Hijiki (*Hizikia fusiformis*)

Nutritional Information per 100g	
<b>Calories</b>	304kcal /1288kJ
<b>Total Fat</b>	2.1g
Saturated Fat	0.7g
<b>Cholesterol</b>	< 0.1g
<b>Total Carb.</b>	64.6g
Dietary Fiber	47.2g
Sugars	1.2g
<b>Protein</b>	6.6g
Sodium	3700mg
Potassium	10700mg
Calcium	939mg
Iron	2.41mg
Magnesium	527mg
Vitamin A	
Vitamin C	< 0.5mg



From  Japan

Muso Co., Ltd.

3-7-22 Nishitenma, Kita-ku, Osaka 530-0047 Japan  
<http://www.muso-intl.com> [info@muso-intl.co.jp](mailto:info@muso-intl.co.jp)