



SEA SALT FINE ATLANTIC

About Sea salt fine atlantic

Description



Lima salt is harvested in the Olhão region on the Portuguese coast, in the natural reserve of 'Ria Formosa'; Harvest is done entirely manually, in a traditional manner, so that only sea water, sun, wind and human efforts are used in the production process. The salt thus obtained is not refined and does not contain any whitening, anti-caking or anti-humidity agents (e.g.: ferrocyanide, tricalciumphosphate, alumine-calcium silicate, ...); It owes its high nutritional value to the absence of a refining process. In this manner, the micronutrients from the sea are preserved optimally (e.g. source of calcium, rich in magnesium and jodine); This salt undergoes continuous quality controls relating to the nutritional parameters, the toxicity (e.g. heavy metals) and microbiological contamination; The rich flavour of natural sea salt is incomparable to the sterile taste of cooking salt; Unrefined and still white, is that possible? Careful manual harvesting ensures that a thin layer of salt is left on the bottom of the salt marsh, which constitutes a natural barrier between the salt to be harvested and the soil. In this manner, the Lima salt remains white.



VEGAN



GLUTENFREE



NO ADDED SUGARS

Use

Fine or coarse, salt is an indispensable condiment for daily use, either during the cooking process or as a final seasoning.

Ingredients

sea salt.

Packaging

1000 g.

Product organically grown

0%

Nutritional analysis

Average nutritional value per

	g/100g	portion 1g	%RI	RI
Energy	0 kJ	0 kJ		
	0 kcal	0 kcal	0.00	2000 kcal
Fat	0 g	0 g	0.00	70 g
of which saturates	0 g	0 g	0.00	20 g
of which mono-unsaturates	0 g	0 g		
of which polyunsaturates	0 g	0 g		
Carbohydrates	0 g	0 g	0.00	260 g
of which sugars	0 g	0 g	0.00	90 g
Fibre	0 g	0 g		
Protein	0 g	0 g	0.00	50 g
Salt	97,0 g	1,0 g	16.00	6 g

RI: Reference intake of an average adult (8400 kJ/2000 kcal)

Minerals

	mg/100g	%DRI
Sodium	38800,000	
Calcium	130,000	16,3%
Potassium	170,000	8,5%
Magnesium	460,000	122,7%
Iron	0,400	2,9%
Zinc	0,170	1,7%
Copper	0,016	1,6%
Iodine	0,080	53,3%

DRI: % of the daily reference intake.

Allergen info

Ingredients

sea salt.

Allergenes

This product does not contain allergens