



DATA SHEET CHONDRUS CRISPUS (ALGAE)

COD.: ES-ECO022-GA
DATE: 2019

SCIENTIFIC NAME	Chondrus Crispus
COMMON NAME	IRISH MOSS

I. ORIGIN

Chondrus crispus— is a very abundant red algae (Rhodophyta edge), which sometimes forms lawns, always on rocky surfaces. It is found on all the Atlantic coasts of Europe and North America.

It is a species with economic value. They take advantage of the complex polysaccharides in their mucilage, which form the majority of their weight once dehydrated. In medicine it is used as an emollient and laxative, consumed as an infusion. They are used as emulsifiers by the food industry and also in the domestic kitchen.

it contains abundant mucilages (up to 80%): carrageenan. Mineral salts.

II. NUTRITIONAL VALUE

AVERAGE VALUES PER 100 GRAMS OF NET WEIGHT			
MOISTURE OR HUMIDITY	9	CALCIUM	1.120
ASHES	25,0	IRON	17
PROTEIN	20.5	LODINE	24.5
CRUDE FAT (OIL)	2.7	MAGNESIUM	
TOTAL DIETARY FIBER	34,2	MATCH	135
CARBOHYDRATES	68.3	VITAMIN A	0.2
ENERGY (Kcal)	-	VITAMIN E	1.9
POTASSIUM	1.250		

III. PROCESS

PURPLE SEAWEED is washed 6 times every 2 days with standard PH fresh water; everything is for the time of the sun (dried in shade)

- Store at room temperature in a dry place. Preserve from direct sunlight and direct contact with the ground. Once opened, store in an airtight container in a dry place and consume before the preferred consumption date.
- Intent to use: You need previous preparation of hydration and / or cooking.
- Hydration: Immerse in water for 5 minutes. Once hydrated, it increases 6 times its dry weight
- Cooking and uses: For 20 minutes and use in salads, scrambled eggs, soups, creams, stews and stews. Battered and fried. As a thickener and stabilizer in the preparation of sauces, jams and desserts.
- Intent to consume: General public except infants and young children.
- Final destination: In supermarkets, fruit and vegetable sections and / or organic product section; specialized food stores, organic stores, greengrocers, herbalists and gourmet stores, national and international.