



www.cport.net

WAKAME

Seasoned Seaweed Salad



GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM



FARMED WAKAME SEAWEED

Taiwan

Catch Our Wave® to Sustainability

Sea Port is committed to sustainability, as defined by the **United Nations' Brundtland Commission** (link: www.un.org/en/globalissues/environment). It is the ability to "meet present needs without compromising the ability of future generations to meet their needs." We believe seafood to be the best protein source for our health and for our environment; therefore we foresee future generations demanding a greater supply of seafood as both their population and economic prosperity grows. Sea Port will be dedicated to sustainably meeting this demand.



Product Specifications	
Product	Plastic Tub
Pack	6/4.4 LB Tub

For full package details, visit our website.

Our Seasoned Seaweed Salad is very nutritious and tasty. It can stand alone as a healthy side dish or be added to soups and salads. For Health & Nutrition benefits go to: www.cport.net

SEASONALITY	<input type="checkbox"/> Low <input checked="" type="checkbox"/> High	FLAVOR	<input type="checkbox"/> Mild <input type="checkbox"/> Medium <input type="checkbox"/> Strong <input checked="" type="checkbox"/> Sweet	TEXTURE	<input type="checkbox"/> Soft <input type="checkbox"/> Medium <input checked="" type="checkbox"/> Firm <input type="checkbox"/> Meaty
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For more detailed seasonality, visit our website

RECIPE SUGGESTION



Seared Ahi Tuna Sandwich with Seaweed Salad

INGREDIENTS:
 1 (4-ounce) Ahi tuna steak
 Sesame Seeds
 2 ounces Cnami Seaweed Salad
 Hamburger bun
 French Fries

DIRECTIONS:
 Heat a small saute pan over medium-high heat. Sprinkle tuna steak with sesame seed, place in pan, flat side down, and sear the tuna to medium rare, approximately 3 to 4 minutes. The center should remain very pink. Serve on hamburger bun topped with Seaweed Salad and french fries on the side.

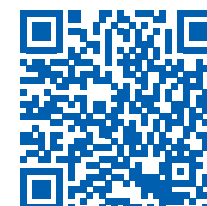
Preparation time: 10 mins Serves 1

Nutrition Facts

Serving Size 1/3 cup (3.5 oz) (100g)
 Servings Per Container about 20

Amount Per Serving	Calories from Fat 25
Calories 100	
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 990mg	41%
Total Carbohydrate 17g	6%
Dietary Fiber 3.5g	14%
Sugars 7g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 0%

INGREDIENTS: Seaweed, Agar, Wood ear Mushroom, Sugar, Salt, Soy Sauce, (Soybean, Wheat, Sugar, Salt, Water), Vinegar, Sesame Seeds, Sesame Oil, Chili, Chili Bean Sauce (Chili, Soybean, Salt, Wheat, Sugar), FD&C Yellow No. 5, FD&C Blue No. 1.



Visit our website for more information on this item

METHOD OF HARVEST: Farm-Raised
COUNTRY OF ORIGIN(S): Taiwan, FAO 61

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