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div; It is considered a superfood

because it has healthy amounts of important trace minerals, and potassium

, iron, calcium, magnesium and iodine.

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i626\_TtM6DAXXIMOQIHad2Cn4QFnoECAEQBg" href="{href}"

t; Red Ogo Seaweed | California Sea Grant

/div; caseagrants.ucsd.edu : seafood-profi

les : red-ogo-seaweed

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div; Ogo comes in thin strands. Like most other seaweeds, it's a bit s

alty, but it's also lighter than most other varieties. It also stands out fo

r being a brown-ish red color when raw.

Popular uses for ogo include

raw or cooked in salads, soups, and alongside other seafoods to freshen up the

other components of a dish.

div; About the 8 Different Types of Japanese Seaweed - Uwajimaya

blog : about-the-8-different-types-of-japanese-sea...

div; uwajimaya

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