



RiaFresh

Verduras da Ria Formosa

*Vegetables from Ria Formosa

Samphire Salt from Ria Formosa



Conservation

It is recommended to consume up to 2 years after packing date. Store in a cool and dry place.

Samphire Salt

Salicornia ramosissima

Samphire is a lightly salted, crunchy, juicy and tasty marine vegetable. Samphire RiaFresh® comes from selected individuals from the Ria Formosa Natural Park, Algarve, and is grown in a controlled environment.

Samphire Salt RiaFresh® collects the essence of coastal areas and is obtained by drying methods from Samphire RiaFresh®.

Intensely tasty and aromatic with an elegant green color. It is a seasoning for multiple uses, combines well in salads, is interesting in preparing broths and rice or to finish sashimi dishes. Spectacular with red tuna.

Samphire Salt RiaFresh® has no additives, preservatives or colorings, it is purely samphire.

It has less than 50% salt content equivalent to common kitchen salt. It has high content in fiber, protein and vitamin C.

Nutrition Statement

Average values of 100 g: Energy 544 kj / 130 kcal; Lipids 0.9 g, of which saturated 0.3 g; Carbohydrates 4.5 g, of which sugars 0 g; Fiber 16 g; Proteins 18 g; Salt 47 g.

Commercialization

Available in the following sales units:

- Samphire powder: 50 g
- Samphire crushed: 30 g