

TRADER JOE'S

NUTS FOR... • FEBRUARY 2011

ROASTED SEAWEED SNACK

THE ROASTED SEAWEED SNACK STORY:

It all started under the sea with an edible red algae (genus *Porphyra*), which is now commonly known as nori. Around the 8th century, evidence of nori surfaced in Japan as a type of culinary paste. It wasn't until the Edo period (1603-1868) that sheets of nori were invented through a method of paper-making. Skip forward a few hundred years, and nori becomes a sensation across the globe—for sushi, snacking and seasoning. So Trader Joe's knows, it's now or nori. Our Roasted Seaweed Snack features nori from Korea that is roasted with a touch of oil (sesame & canola) and sea salt, then cut into strips. That's it. It's light, crunchy, ocean-salty and nuanced with an intriguing nutty flavor. It's so good, it proves hard to keep in stock. Especially at 99¢ for a package.

TJ's Roasted Seaweed Snack • .4 oz. • 99¢



Nutrition Facts

Serving Size 1/2 package (5g)
Servings Per Container about 2

Amount Per Serving

Calories 30 Calories from Fat 20

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 50mg **2%**

Total Carbohydrate 1g **0%**

Dietary Fiber 1g **4%**

Sugars 0g

Protein 1g

Vitamin A 8% • Vitamin C 20%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Trader Joe's Roasted Seaweed Snack

Now they listen!
I've been promoting
this stuff for
years...



No Gluten
Vegan
Low Sodium
Portable
Gobbleable