Seagreens of Norway™



Sugar kelp · Winged kelp

Saccharina latissima · Alaria esculenta

Flavour
Umami, saltiness, fresh sea

Nutrition
Minerals, iodine, fibre

Functionality
Natural texture and water-binding

Sustainability
Chemical-free, pristine coastal waters

Norwegian kelp is available in **multiple formats**, fresh, frozen, blanched and dried, adaptable to specific applications.

Typical values (10–90 percentile range, per 100 g fresh weight, unprocessed).

Nutrient	Unit	Sugar kelp	Winged kelp
Moisture	%	85 - 95	85 - 89
Energy	Kcal	12 - 22	26 - 36
Fibres	g	2.0 - 4.5	5.0 - 7.3
Protein	g	0.6 - 1.8	1.8 - 2.5
Fat	g	0.1 - 0.6	0.5 - 0.7
Na	g	0.48 - 0.72	0.69 - 0.90
K	g	0.71 - 1.87	0.52 - 1.3
Mg	g	0.07 - 1.13	0.13 - 0.16
Ca	g	0.07 - 0.24	0.14 - 0.34
I *	mg	35 - 73	7.4 - 24
Fe	mg	0.33 - 1.10	0.62 - 1.6
Zn	mg	0.17 - 0.40	0.31 - 0.90
Mn	mg	0.03 - 0.07	0.04 - 0.10
Se	µg	0.43 - 2.46	1.0 - 5.0

** Iodine content should be considered in formulation. Processing can be adapted to target specific inclusion levels.*







- **Applications** · Flavouring & seasoning · Bakery & bread · Plant-based alternatives · Snacks
- **Origin & supply** · Cultivated at licensed sites or wild-harvested along the Norwegian coast · Organic certification available · Commercial volumes for B2B supply

Seagreens of Norway™ is a quality mark for Norwegian-grown seaweed produced by members of the ***Norwegian Seaweed Cluster****.*

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