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m:12px;padding-top:Opx">>>div>>>div>>>div>>>div>>>

div>>>div>>>div>>>span>>>It is considered a superfood

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

, iron, calcium, magnesium and iodine.>>>/div>>>/div>>>/div>>>/d

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t>>>div>>>span>>>Red Ogo Seaweed | California Sea Grant>>>/span>>>>>

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les : red-ogo-seaweed>>>/div>>>/span>>>/a>>>/div>>>/div>>>

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t;div class="hwc kCrYT" style="padding-bottom:12px;padding-top:Op

x">>>div>>>div>>>div>>>div>>>div>>>div>>>div>>>

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

y, but it's also lighter than most other varieties. It also stands out for b

eing a brown-ish red color when raw. span>>>Popular uses for ogo include ra

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

er components of a dish>>>/span>>>/div>>>/div>>>/div>>>/di

v>>>/div>>>/div>>>/div>>>/div>>>/div>>>/div>>>a data-ved="2ahUKEwi

626\_TtM6DAXIMOQIHad2Cn4QFnoECAEQDQ" href="{href}">>>span>>>

>>>div>>>span>>>>About the 8 Different Types of Japanese Seaweed - Uwajim

aya>>>/span>>>/div>>>/span>>>/span>>>/div>>>uwajimaya : blo

g : about-the-8-different-types-of-japanese-sea...>>>/div>>>/span>>>>>

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