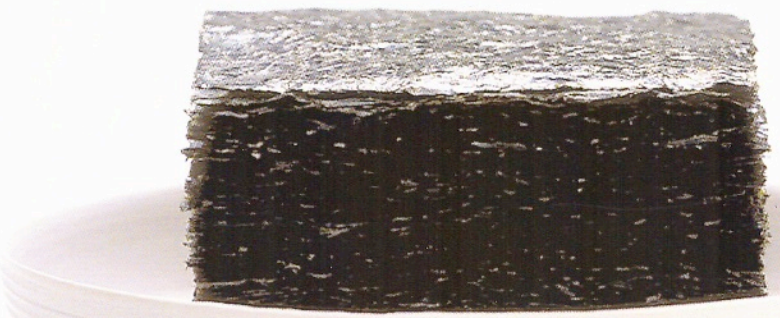
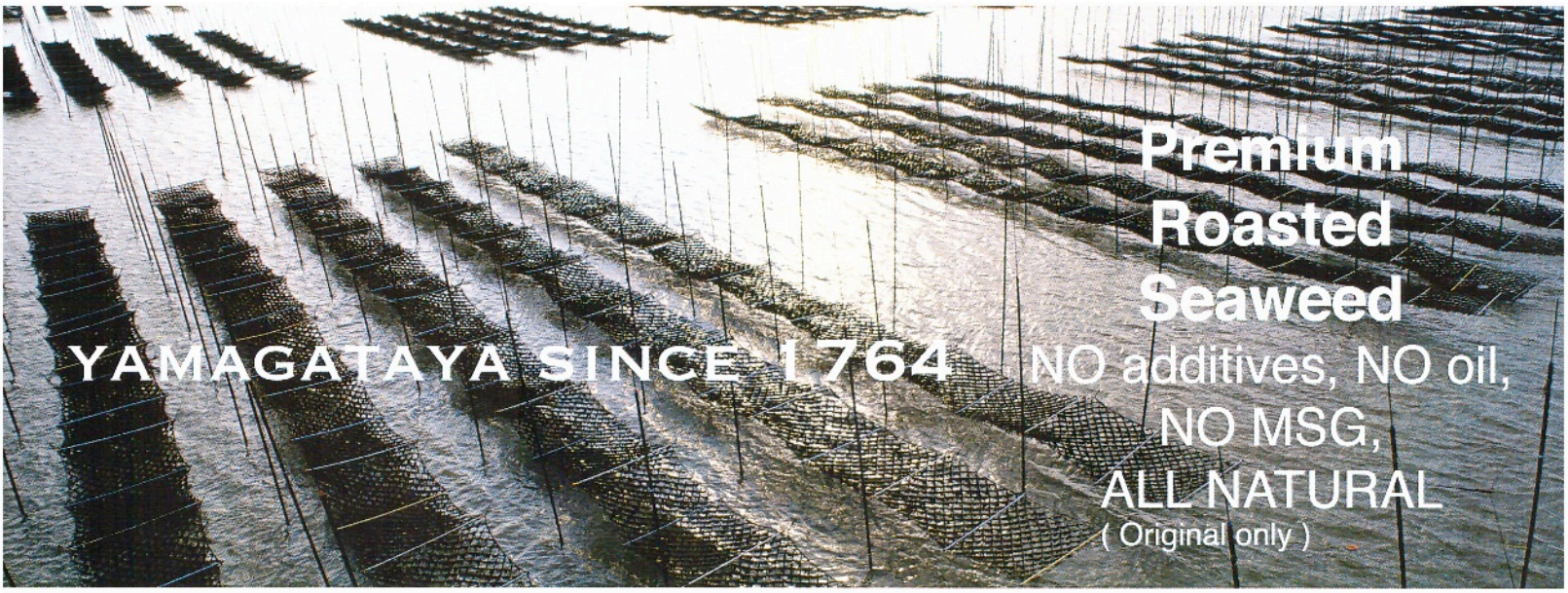
愈 山形屋海苔店

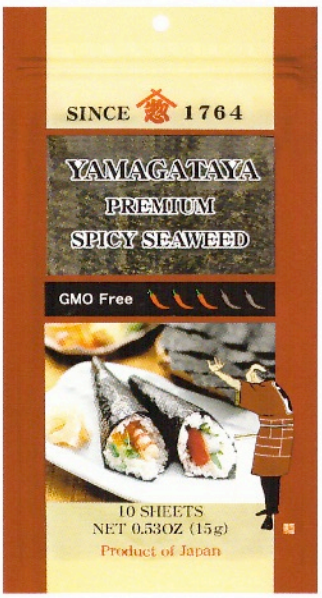
Authentic premium seaweed Yamagataya Nori

Yamagataya is a traditional Japanese company with a longstanding history, founded in 1764. Yamagataya's seaweed uses high-grade raw materials and is a premium quality product.



Seaweed is an essential ingredient for making Japanese sushi and rice balls, and the sliced variety can be used as garnish to top off noodles, soups and broths. Seaweed is known as a healthy, natural food containing various minerals and vitamins in Japan.





Nutrition Facts
Serving Size 2 sheets (2.5g)
Servings Per Container 5

Amount Per Serving	
Calories 5	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	Less than 1%
Total Carbohydrate 1g	Less than 1%
Dietary Fiber Less than 1g	4%
Sugars 0g	
Protein 1g	

Vitamin A 8%	•	Vitamin C 8%	
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

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Like wine and coffee, good quality Nori can also be judged by several objective criteria.
Texture: Good quality Nori should be crispy and melts in your mouth
Appearance: Good quality Nori should be black in color with a shiny luster.
Shape: Good quality Nori should have an even surface which contains no holes, tears or impurities.
Taste: Good quality Nori should have natural seaweed fragrance.
Yamagataya has accumulated over 250 years' experience and knowledge in selecting and roasting quality Nori.

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Yamagataya is the first company who has obtained HACCP approval in the seaweed industry in Japan and produces safe & reliable seaweed. Yamagataya delivers the authentic seaweed and a "taste" of traditional Japanese culture.

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