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Mineiros,

e coloquialmente como Galo (pronunciado [galu, "Rooster"],

o maior e mais antigo

de futebol profissional de Belo horizonte, a capital do estado brasi

leiro de

do Clube Atl

tico Mineiro, Parque da Cidade do Clube, te

m atravessado as fronteiras

It is considered a superfood

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

, iron, calcium, magnesium and iodine.

Red Ogo Seaweed | California Sea Grant

caseagrant.ucsd.edu : seafood-profi

les : red-ogo-seaweed

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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. 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

About the 8 Different Types of Japanese Seaweed - Uwajim

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