

Basic Report 11442, Seaweed, agar, raw

Report Date: January 29, 2015 19:25 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	2.0 tbsp (1/8 cup) 10g
Proximates			
Water	g	91.32	9.13
Energy	kcal	26	3
Protein	g	0.54	0.05
Total lipid (fat)	g	0.03	0.00
Carbohydrate, by difference	g	6.75	0.68
Fiber, total dietary	g	0.5	0.0
Sugars, total	g	0.28	0.03
Minerals			
Calcium, Ca	mg	54	5
Iron, Fe	mg	1.86	0.19
Magnesium, Mg	mg	67	7
Phosphorus, P	mg	5	0
Potassium, K	mg	226	23
Sodium, Na	mg	9	1
Zinc, Zn	mg	0.58	0.06
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.005	0.000
Riboflavin	mg	0.022	0.002
Niacin	mg	0.055	0.006
Vitamin B-6	mg	0.032	0.003
Folate, DFE	µg	85	8
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin E (alpha-tocopherol)	mg	0.87	0.09

Nutrient	Unit	1 Value Per100 g	2.0 tbsp (1/8 cup) 10g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	2.3	0.2
Lipids			
Fatty acids, total saturated	g	0.006	0.001
Fatty acids, total monounsaturated	g	0.003	0.000
Fatty acids, total polyunsaturated	g	0.010	0.001
Cholesterol	mg	0	0
Other			
Caffeine	mg	0	0