

Basic Report 11445, Seaweed, kelp, raw

Report Date: July 20, 2019 05:34 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	2.0 tbsp (1/8 cup) 10g
Proximates			
Water	g	81.58	8.16
Energy	kcal	43	4
Protein	g	1.68	0.17
Total lipid (fat)	g	0.56	0.06
Carbohydrate, by difference	g	9.57	0.96
Fiber, total dietary	g	1.3	0.1
Sugars, total	g	0.60	0.06
Minerals			
Calcium, Ca	mg	168	17
Iron, Fe	mg	2.85	0.28
Magnesium, Mg	mg	121	12
Phosphorus, P	mg	42	4
Potassium, K	mg	89	9
Sodium, Na	mg	233	23
Zinc, Zn	mg	1.23	0.12
Vitamins			
Vitamin C, total ascorbic acid	mg	3.0	0.3
Thiamin	mg	0.050	0.005
Riboflavin	mg	0.150	0.015
Niacin	mg	0.470	0.047
Vitamin B-6	mg	0.002	0.000
Folate, DFE	µg	180	18
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	6	1
Vitamin A, IU	IU	116	12
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	66.0	6.6
Lipids			
Fatty acids, total saturated	g	0.247	0.025
Fatty acids, total monounsaturated	g	0.098	0.010
Fatty acids, total polyunsaturated	g	0.047	0.005
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0