

Basic Report 11666, Seaweed, spirulina, raw

Report Date: June 25, 2019 21:54 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g
Proximates		
Water	g	90.67
Energy	kcal	26
Protein	g	5.92
Total lipid (fat)	g	0.39
Carbohydrate, by difference	g	2.42
Fiber, total dietary	g	0.4
Sugars, total	g	0.30
Minerals		
Calcium, Ca	mg	12
Iron, Fe	mg	2.79
Magnesium, Mg	mg	19
Phosphorus, P	mg	11
Potassium, K	mg	127
Sodium, Na	mg	98
Zinc, Zn	mg	0.20
Vitamins		
Vitamin C, total ascorbic acid	mg	0.9
Thiamin	mg	0.222
Riboflavin	mg	0.342
Niacin	mg	1.196
Vitamin B-6	mg	0.034
Folate, DFE	µg	9
Vitamin B-12	µg	0.00
Vitamin A, RAE	µg	3
Vitamin A, IU	IU	56
Vitamin E (alpha-tocopherol)	mg	0.49

Nutrient	Unit	1 Value Per100 g
Vitamin D (D2 + D3)	µg	0.0
Vitamin D	IU	0
Vitamin K (phylloquinone)	µg	2.5
Lipids		
Fatty acids, total saturated	g	0.135
Fatty acids, total monounsaturated	g	0.034
Fatty acids, total polyunsaturated	g	0.106
Fatty acids, total trans	g	0.000
Cholesterol	mg	0
Amino Acids		
Other		
Caffeine	mg	0