

**Full Report (All Nutrients) 11666, Seaweed, spirulina, raw**

**Report Date: September 20, 2019 10:42 EDT**

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

**Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor:2.44 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
<b>Proximates</b>				
Water	g	90.67	5	1.000
Energy	kcal	26	--	--
Energy	kJ	109	--	--
Protein	g	5.92	14	0.150
Total lipid (fat)	g	0.39	10	0.080
Ash	g	0.60	8	0.060
Carbohydrate, by difference	g	2.42	--	--
Fiber, total dietary	g	0.4	--	--
Sugars, total	g	0.30	--	--
<b>Minerals</b>				
Calcium, Ca	mg	12	--	--
Iron, Fe	mg	2.79	--	--
Magnesium, Mg	mg	19	--	--
Phosphorus, P	mg	11	--	--
Potassium, K	mg	127	2	--
Sodium, Na	mg	98	2	--
Zinc, Zn	mg	0.20	--	--
Copper, Cu	mg	0.597	--	--
Manganese, Mn	mg	0.186	--	--
Selenium, Se	µg	0.7	--	--
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.9	4	0.010

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>Data points</b>	<b>Std. Error</b>
Thiamin	mg	0.222	4	0.095
Riboflavin	mg	0.342	4	0.080
Niacin	mg	1.196	--	--
Pantothenic acid	mg	0.325	--	--
Vitamin B-6	mg	0.034	4	0.205
Folate, total	µg	9	--	--
Folic acid	µg	0	--	--
Folate, food	µg	9	--	--
Folate, DFE	µg	9	--	--
Choline, total	mg	6.5	--	--
Vitamin B-12	µg	0.00	--	--
Vitamin A, RAE	µg	3	--	--
Retinol	µg	0	--	--
Carotene, beta	µg	33	--	--
Carotene, alpha	µg	0	--	--
Cryptoxanthin, beta	µg	0	--	--
Vitamin A, IU	IU	56	--	--
Lycopene	µg	0	--	--
Lutein + zeaxanthin	µg	0	--	--
Vitamin E (alpha-tocopherol)	mg	0.49	--	--
Vitamin D (D2 + D3)	µg	0.0	--	--
Vitamin D	IU	0	--	--
Vitamin K (phylloquinone)	µg	2.5	--	--
<b>Lipids</b>				
Fatty acids, total saturated	g	0.135	--	--
14:0	g	0.004	--	--
16:0	g	0.127	--	--
18:0	g	0.004	--	--
Fatty acids, total monounsaturated	g	0.034	--	--
16:1 undifferentiated	g	0.017	--	--
18:1 undifferentiated	g	0.018	--	--
Fatty acids, total polyunsaturated	g	0.106	--	--
18:2 undifferentiated	g	0.064	--	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
18:3 undifferentiated	g	0.042	--	--
Fatty acids, total trans	g	0.000	--	--
Cholesterol	mg	0	--	--
<b>Amino Acids</b>				
Tryptophan	g	0.096	8	--
Threonine	g	0.306	9	--
Isoleucine	g	0.331	9	--
Leucine	g	0.509	9	--
Lysine	g	0.312	9	--
Methionine	g	0.118	9	--
Cystine	g	0.068	7	--
Phenylalanine	g	0.286	9	--
Tyrosine	g	0.266	9	--
Valine	g	0.362	8	--
Arginine	g	0.427	8	--
Histidine	g	0.112	8	--
Alanine	g	0.465	8	--
Aspartic acid	g	0.597	8	--
Glutamic acid	g	0.864	8	--
Glycine	g	0.319	8	--
Proline	g	0.245	8	--
Serine	g	0.309	8	--
<b>Other</b>				
Alcohol, ethyl	g	0.0	--	--
Caffeine	mg	0	--	--
Theobromine	mg	0	--	--

**Langual Code(s)**

- A0152 VEGETABLE OR VEGETABLE PRODUCT (US CFR)
- A1281 1100 VEGETABLES AND VEGETABLE PRODUCTS (USDA SR)
- B2039 SPIRULINA
- C0247 PART OF ALGAE OR FUNGUS
- E0150 WHOLE, NATURAL SHAPE
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN

- P0024 HUMAN FOOD, NO AGE SPECIFICATION