

Basic Report 11667, Seaweed, spirulina, dried

Report Date: July 24, 2019 01:27 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 112g	1 tablespoon 7g
Proximates				
Water	g	4.68	5.24	0.33
Energy	kcal	290	325	20
Protein	g	57.47	64.37	4.02
Total lipid (fat)	g	7.72	8.65	0.54
Carbohydrate, by difference	g	23.90	26.77	1.67
Fiber, total dietary	g	3.6	4.0	0.3
Sugars, total	g	3.10	3.47	0.22
Minerals				
Calcium, Ca	mg	120	134	8
Iron, Fe	mg	28.50	31.92	2.00
Magnesium, Mg	mg	195	218	14
Phosphorus, P	mg	118	132	8
Potassium, K	mg	1363	1527	95
Sodium, Na	mg	1048	1174	73
Zinc, Zn	mg	2.00	2.24	0.14
Vitamins				
Vitamin C, total ascorbic acid	mg	10.1	11.3	0.7
Thiamin	mg	2.380	2.666	0.167
Riboflavin	mg	3.670	4.110	0.257
Niacin	mg	12.820	14.358	0.897
Vitamin B-6	mg	0.364	0.408	0.025
Folate, DFE	µg	94	105	7
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	29	32	2
Vitamin A, IU	IU	570	638	40
Vitamin E (alpha-tocopherol)	mg	5.00	5.60	0.35

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	25.5	28.6	1.8
Lipids				
Fatty acids, total saturated	g	2.650	2.968	0.185
Fatty acids, total monounsaturated	g	0.675	0.756	0.047
Fatty acids, total polyunsaturated	g	2.080	2.330	0.146
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0