

Basic Report 35070, Sea cucumber, yane (Alaska Native)

Report Date: December 12, 2017 15:01 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g
Proximates		
Water	g	80.70
Energy	kcal	56
Protein	g	13.00
Total lipid (fat)	g	0.40
Carbohydrate, by difference	g	0.00
Minerals		
Calcium, Ca	mg	30
Iron, Fe	mg	0.60
Vitamins		
Thiamin	mg	0.050
Riboflavin	mg	0.940
Niacin	mg	3.200
Vitamin A, IU	IU	310
Lipids		
Amino Acids		
Other		