

Full Report (All Nutrients) 11667, Seaweed, spirulina, dried

Report Date: December 22, 2015 03:59 EST

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	1 cup 112g	1 tablespoon 7g
Proximates						
Water	g	4.68	2	--	5.24	0.33
Energy	kcal	290	--	--	325	20
Energy	kJ	1213	--	--	1359	85
Protein	g	57.47	2	--	64.37	4.02
Total lipid (fat)	g	7.72	2	--	8.65	0.54
Ash	g	6.23	2	--	6.98	0.44
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	2	--	31.92	2.00
Magnesium, Mg	mg	195	2	--	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
Copper, Cu	mg	6.100	--	--	6.832	0.427
Manganese, Mn	mg	1.900	--	--	2.128	0.133
Selenium, Se	µg	7.2	--	--	8.1	0.5
Vitamins						
Vitamin C, total ascorbic acid	mg	10.1	--	--	11.3	0.7
Thiamin	mg	2.380	--	--	2.666	0.167

Nutrient	Unit	1	Data points	Std. Error	1 cup 112g	1 tablespoon 7g
		Value Per100 g				
Riboflavin	mg	3.670	--	--	4.110	0.257
Niacin	mg	12.820	--	--	14.358	0.897
Pantothenic acid	mg	3.480	--	--	3.898	0.244
Vitamin B-6	mg	0.364	--	--	0.408	0.025
Folate, total	µg	94	--	--	105	7
Folic acid	µg	0	--	--	0	0
Folate, food	µg	94	--	--	105	7
Folate, DFE	µg	94	--	--	105	7
Choline, total	mg	66.0	--	--	73.9	4.6
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	29	--	--	32	2
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	342	--	--	383	24
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	570	--	--	638	40
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	5.00	--	--	5.60	0.35
Vitamin E, added	mg	0.00	--	--	0.00	0.00
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	0.186
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.075	--	--	0.084	0.005
16:0	g	2.496	--	--	2.796	0.175

Nutrient	Unit	1	Data points	Std. Error	1 cup 112g	1 tablespoon 7g
		Value Per100 g				
18:0	g	0.077	--	--	0.086	0.005
Fatty acids, total monounsaturated	g	0.675	--	--	0.756	0.047
16:1 undifferentiated	g	0.328	--	--	0.367	0.023
18:1 undifferentiated	g	0.347	--	--	0.389	0.024
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	2.080	--	--	2.330	0.146
18:2 undifferentiated	g	1.254	--	--	1.404	0.088
18:3 undifferentiated	g	0.823	--	--	0.922	0.058
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan	g	0.929	--	--	1.040	0.065
Threonine	g	2.970	--	--	3.326	0.208
Isoleucine	g	3.209	--	--	3.594	0.225
Leucine	g	4.947	--	--	5.541	0.346
Lysine	g	3.025	--	--	3.388	0.212
Methionine	g	1.149	--	--	1.287	0.080
Cystine	g	0.662	--	--	0.741	0.046
Phenylalanine	g	2.777	--	--	3.110	0.194
Tyrosine	g	2.584	--	--	2.894	0.181
Valine	g	3.512	--	--	3.933	0.246
Arginine	g	4.147	--	--	4.645	0.290
Histidine	g	1.085	--	--	1.215	0.076
Alanine	g	4.515	--	--	5.057	0.316
Aspartic acid	g	5.793	--	--	6.488	0.406
Glutamic acid	g	8.386	--	--	9.392	0.587
Glycine	g	3.099	--	--	3.471	0.217

Nutrient	Unit	1	Data points	Std. Error	1 cup 112g	1 tablespoon 7g
		Value Per100 g				
Proline	g	2.382	--	--	2.668	0.167
Serine	g	2.998	--	--	3.358	0.210
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0
Flavonoids						
Isoflavones						
Formononetin	mg	0.00	1	--	0.00	0.00
Coumestrol	mg	0.00	1	--	0.00	0.00