

## Basic Report 11444, Seaweed, irishmoss, raw

Report Date: July 19, 2017 18:03 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	2.0 tbsp (1/8 cup) 10g
<b>Proximates</b>			
Water	g	81.34	8.13
Energy	kcal	49	5
Protein	g	1.51	0.15
Total lipid (fat)	g	0.16	0.02
Carbohydrate, by difference	g	12.29	1.23
Fiber, total dietary	g	1.3	0.1
Sugars, total	g	0.61	0.06
<b>Minerals</b>			
Calcium, Ca	mg	72	7
Iron, Fe	mg	8.90	0.89
Magnesium, Mg	mg	144	14
Phosphorus, P	mg	157	16
Potassium, K	mg	63	6
Sodium, Na	mg	67	7
Zinc, Zn	mg	1.95	0.20
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	3.0	0.3
Thiamin	mg	0.015	0.002
Riboflavin	mg	0.466	0.047
Niacin	mg	0.593	0.059
Vitamin B-6	mg	0.069	0.007
Folate, DFE	µg	182	18
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	6	1
Vitamin A, IU	IU	118	12
Vitamin E (alpha-tocopherol)	mg	0.87	0.09

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Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	5.0	0.5
<b>Lipids</b>			
Fatty acids, total saturated	g	0.033	0.003
Fatty acids, total monounsaturated	g	0.015	0.002
Fatty acids, total polyunsaturated	g	0.055	0.006
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0