

Nutritional Data Sheet

synthesis of published data and CEVA analysis (15/12/2011 version)

Content for 100 g dried seaweed

CEVA (Centre d'Etude et de Valorisation des Algues), Pleubian , France - www.ceva.fr

GRACILARIA VERRUCOSA	Unit	Content (mean)	Min	Max	Data number
Energy	kJ	689			
Energy	kcal	164,5			
Moisture	g	10,3	3	14	8
Protein, total (Nx6.25)	g	14	6,3	21,9	7
Carbohydrate (by difference)	g	24,2			
Dietary fiber	g	34,3	32,8	35,7	2
Fat, total	g	1,3	0,1	2,5	7
saturated fatty acids	g	0,26	0,18	0,38	11
monounsaturated fatty acids	g	0,07	0,04	0,18	11
polyunsaturated fatty acids	g	0,37	0,13	0,45	11
Polyphenols	g				
Sodium, Na	mg	4030			1
Magnesium, Mg	mg	340	170	990	11
Phosphorus, P	mg	120			1
Potassium, K	mg	8430			1
Calcium, Ca	mg	ND			
Manganese, Mn	mg	ND			
Iron, Fe	mg	17,9	6,1	33,4	12
Copper, Cu	mg	0,5	0,2	1,3	12
Zinc, Zn	mg	3,4	1,7	5,6	12
Iodine, I	mg	522	193	761	12
Selenium, Se	µg	ND			
Vitamin A (eq retinol)	µg	ND			
Beta-caroten	µg	ND			
Vitamin D	µg	ND			
Vitamin E (eq tocopherols)	mg	ND			
Vitamin K , phytomenadion	mg	ND			
Vitamin C , ascorbic acid	mg	ND			

Vitamin B1, thiamin	mg	ND			
Vitamin B2 , riboflavin	mg	ND			
Vitamin B3 , niacin	mg	ND			
Vitamin B5, panthothenic acid	mg	ND			
Vitamin B6, pyridoxin	mg	ND			
Vitamin B8 (H) , biotin	µg	2,7			1
Vitamin B9, folates	µg	ND			
Vitamin B12, cobalamin	µg	ND			

ND : No data

****Be careful. In France iodine content in seaweed should be below 2000 mg/kg dry matter (Saisine AFSSA n° 2007-SA-0007)***