

Seaweed, spirulina, dried

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Refuse: 0%

NDB No: 11667 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error
Proximates				
Water	g	4.68	2	0.000
Energy	kcal	290	0	0.000
Energy	kJ	1213	0	0.000
Protein	g	57.47	2	0.000
Total lipid (fat)	g	7.72	2	0.000
Ash	g	6.23	2	0.000
Carbohydrate, by difference	g	23.90	0	0.000
Fiber, total dietary	g	3.6	0	0.000
Sugars, total	g	3.10	0	0.000
Minerals				
Calcium, Ca	mg	120	0	0.000
Iron, Fe	mg	28.50	2	0.000
Magnesium, Mg	mg	195	2	0.000
Phosphorus, P	mg	118	0	0.000
Potassium, K	mg	1363	0	0.000
Sodium, Na	mg	1048	0	0.000
Zinc, Zn	mg	2.00	0	0.000
Copper, Cu	mg	6.100	0	0.000
Manganese, Mn	mg	1.900	0	0.000
Selenium, Se	µg	7.2	0	0.000
Vitamins				
Vitamin C, total ascorbic acid	mg	10.1	0	0.000
Thiamin	mg	2.380	0	0.000
Riboflavin	mg	3.670	0	0.000
Niacin	mg	12.820	0	0.000
Pantothenic acid	mg	3.480	0	0.000
Vitamin B-6	mg	0.364	0	0.000
Folate, total	µg	94	0	0.000
Folic acid	µg	0	0	0.000

Folate, food	µg	94	0	0.000
Folate, DFE	µg_DFE	94	0	0.000
Choline, total	mg	66.0	0	0.000
Vitamin B-12	µg	0.00	0	0.000
Vitamin B-12, added	µg	0.00	0	0.000
Vitamin A, RAE	µg_RAE	29	0	0.000
Retinol	µg	0	0	0.000
Carotene, beta	µg	342	0	0.000
Carotene, alpha	µg	0	0	0.000
Cryptoxanthin, beta	µg	0	0	0.000
Vitamin A, IU	IU	570	0	0.000
Lycopene	µg	0	0	0.000
Lutein + zeaxanthin	µg	0	0	0.000
Vitamin E (alpha-tocopherol)	mg	5.00	0	0.000
Vitamin E, added	mg	0.00	0	0.000
Vitamin D (D2 + D3)	µg	0.0	0	0.000
Vitamin D	IU	0	0	0.000
Vitamin K (phylloquinone)	µg	25.5	0	0.000
Lipids				
Fatty acids, total saturated	g	2.650	0	0.000
4:0	g	0.000	0	0.000
6:0	g	0.000	0	0.000
8:0	g	0.000	0	0.000
10:0	g	0.000	0	0.000
12:0	g	0.000	0	0.000
14:0	g	0.075	0	0.000
16:0	g	2.496	0	0.000
18:0	g	0.077	0	0.000
Fatty acids, total monounsaturated	g	0.675	0	0.000
16:1 undifferentiated	g	0.328	0	0.000
18:1 undifferentiated	g	0.347	0	0.000
20:1	g	0.000	0	0.000
22:1 undifferentiated	g	0.000	0	0.000
Fatty acids, total polyunsaturated	g	2.080	0	0.000
18:2 undifferentiated	g	1.254	0	0.000
18:3 undifferentiated	g	0.823	0	0.000
18:4	g	0.000	0	0.000
20:4 undifferentiated				

	g	0.000	0	0.000
20:5 n-3 (EPA)	g	0.000	0	0.000
22:5 n-3 (DPA)	g	0.000	0	0.000
22:6 n-3 (DHA)	g	0.000	0	0.000
Cholesterol	mg	0	0	0.000
Amino acids				
Tryptophan	g	0.929	0	0.000
Threonine	g	2.970	0	0.000
Isoleucine	g	3.209	0	0.000
Leucine	g	4.947	0	0.000
Lysine	g	3.025	0	0.000
Methionine	g	1.149	0	0.000
Cystine	g	0.662	0	0.000
Phenylalanine	g	2.777	0	0.000
Tyrosine	g	2.584	0	0.000
Valine	g	3.512	0	0.000
Arginine	g	4.147	0	0.000
Histidine	g	1.085	0	0.000
Alanine	g	4.515	0	0.000
Aspartic acid	g	5.793	0	0.000
Glutamic acid	g	8.386	0	0.000
Glycine	g	3.099	0	0.000
Proline	g	2.382	0	0.000
Serine	g	2.998	0	0.000
Other				
Alcohol, ethyl	g	0.0	0	0.000
Caffeine	mg	0	0	0.000
Theobromine	mg	0	0	0.000

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

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