



Saccharina (ex Laminaria) japonica

Nutritional data sheet

Content for 100 g of dried seaweed (raw product)

December 2021

| Parameter | Unit | Content (mean) | Min | Max | Data number |
|---------------------------------|------|----------------|-------|--------|-------------|
| Energy | kJ | 929 | | | |
| Energy | kcal | 222 | | | |
| Moisture | g | 11,4 | 9,5 | 14,7 | 3 |
| Minerals | g | 19,2 | 17,4 | 20,0 | 4 |
| Proteins, total (Nx6.25) | g | 7,9 | 5,5 | 13,8 | 8 |
| Carbohydrates (by difference) | g | 24,9 | | | |
| Sugars | g | nd | | | |
| Dietary fibers | g | 34,1 | 31,8 | 36,4 | 2 |
| Lipids | g | 2,6 | 1,0 | 6,8 | 28 |
| Saturated fatty acids | g | 0,72 | 0,43 | 1,05 | 20 |
| Monounsaturated fatty acids | g | 0,23 | 0,05 | 0,67 | 20 |
| Polyunsaturated fatty acids | g | 0,75 | 0,54 | 1,19 | 20 |
| Polyphenols (eq phloroglucinol) | g | nd | | | |
| Chlorides | mg | 7 256 | 7 256 | 7 256 | 1 |
| Sodium, Na | mg | 2 448 | 2 215 | 2 747 | 4 |
| Magnesium, Mg | mg | 1 030 | 580 | 1 480 | 2 |
| Phosphorus, P | mg | 654 | 158 | 1 125 | 7 |
| Potassium, K | mg | 10 360 | 5 273 | 26 846 | 6 |
| Calcium, Ca | mg | 811 | 487 | 1 480 | 7 |
| Manganese, Mn | mg | 0,5 | 0,3 | 0,7 | 4 |
| Iron, Fe | mg | 13,0 | 1,1 | 38,1 | 6 |
| Copper, Cu | mg | 0,1 | 0,0 | 0,2 | 3 |
| Zinc, Zn | mg | 1,2 | 0,8 | 1,8 | 4 |
| Iodine, I | mg | 232,8 | 179,0 | 307,4 | 5 |
| Sélenium, Se | µg | 134,5 | 3,1 | 354,4 | 4 |
| Chromium, Cr | µg | 164,2 | 130,0 | 227,0 | 3 |
| Molybdenum, Mo | µg | 135,9 | 20,0 | 220,0 | 3 |
| Vitamin A (eq retinol) | mg | 0,43 | 0,43 | 0,43 | 1 |
| Beta-carotene | mg | 2 | 1 | 3 | 3 |
| Vitamin D | µg | 0,0 | 0,0 | 0,0 | 1 |
| Vitamin E (eq tocopherols) | mg | nd | | | |
| Vitamin K or phytomenadione | µg | nd | | | |
| Vitamin C | mg | 14,77 | 9,75 | 24,81 | 3 |
| Vitamin B1, thiamin | mg | 0,2 | 0,1 | 0,5 | 4 |
| Vitamin B2, riboflavin | mg | 0,4 | 0,3 | 0,8 | 4 |
| Vitamin B3 (PP), niacin | mg | 1,5 | 1,4 | 1,6 | 4 |
| Vitamin B5, panthothenic acid | mg | nd | | | |
| Vitamin B6, pyridoxin | mg | 0,1 | 0,1 | 0,1 | 1 |
| Vitamin B8 (H), biotin | µg | nd | | | |
| Vitamin B9, folates | µg | 124,0 | 124,0 | 124,0 | 1 |
| Vitamin B12, cobalamin | µg | nd | | | |

**Warning : Algae used in food must have a maximum iodine content of 2000 mg / kg dry content (AFSSA n ° 2007-SA-0007)*