



# Saccharina (ex Laminaria) japonica

## Nutritional data sheet

Teneurs pour 100 g d'algue déshydratée (produit brut)

Version 2021

| Paramètre                       | 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           |
| Sélénium, 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)