



Food ID: D189

Food name and Description: Seaweed, gut weed, dried

Scientific name: *Enteromorpha intestinalis*

Alternate/Common name(s): Bitukang manok, tuyo/Hollow green nori, dried

Edible portion: -%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	36.1
Energy, calculated (kcal)	108
Protein (g)	1.4
Total Fat (g)	0.4
Carbohydrate, total (g)	24.8
Ash, total (g)	37.3

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	-
Sugars, total (g)	-

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	562
Phosphorus, P (mg)	8
Iron, Fe (mg)	71.8
Sodium, Na (mg)	-

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	-
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0.63
Riboflavin, Vitamin B2 (mg)	0.43
Niacin (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	5

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-

Cholesterol (mg)

0