



Food ID: D192

Food name and Description: Seaweed, balbalulang

Scientific name: *Hydroclathrus clathratus*

Alternate/Common name(s): Balbalulang/Balbalolang

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	88.3
Energy, calculated (kcal)	23
Protein (g)	0.4
Total Fat (g)	0.3
Carbohydrate, total (g)	4.6
Ash, total (g)	6.4

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)	649
Phosphorus, P (mg)	22
Iron, Fe (mg)	44.5
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
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	0.2
Ascorbic Acid, Vitamin C (mg)	0

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