



Food ID: D194

Food name and Description: Seaweed, kawkawayan

Scientific name: *Gracilaria verrucosa*

Alternate/Common name(s): Kawkawayan/Gulaman dagat/Ceylon moss seaweed

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	76.9
Energy, calculated (kcal)	67
Protein (g)	2.2
Total Fat (g)	1.5
Carbohydrate, total (g)	11.2
Ash, total (g)	8.2

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)	288
Phosphorus, P (mg)	21
Iron, Fe (mg)	0
Sodium, Na (mg)	-

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	110
Retinol Activity Equivalent, RAE (µg)	9
Thiamin, Vitamin B1 (mg)	0
Riboflavin, Vitamin B2 (mg)	0
Niacin (mg)	0
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