



Food ID: D195

Food name and Description: Seaweed, kulot

Scientific name: *Laurencia sp.*

Alternate/Common name(s): Kulot

Edible portion: 87%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	90.6
Energy, calculated (kcal)	24
Protein (g)	0.6
Total Fat (g)	0.4
Carbohydrate, total (g)	4.6
Ash, total (g)	3.8

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)	708
Phosphorus, P (mg)	12
Iron, Fe (mg)	6.1
Sodium, Na (mg)	-

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	135
Retinol Activity Equivalent, RAE (µg)	11
Thiamin, Vitamin B1 (mg)	0
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.1
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