



Food ID: D196

Food name and Description: Seaweed, lato

Scientific name: *Caulerpa racemosa*

Alternate/Common name(s): Lato

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	96.7
Energy, calculated (kcal)	10
Protein (g)	0.1
Total Fat (g)	0.1
Carbohydrate, total (g)	2.1
Ash, total (g)	1

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)	29
Phosphorus, P (mg)	16
Iron, Fe (mg)	18
Sodium, Na (mg)	-

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	280
Retinol Activity Equivalent, RAE (µg)	23
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.01
Niacin (mg)	0.2
Ascorbic Acid, Vitamin C (mg)	2

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