



Food ID: D198

Food name and Description: Seaweed, pokpoklo

Scientific name: *Codium intricatum* Okamura

Alternate/Common name(s): Pokpoklo

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	92.9
Energy, calculated (kcal)	14
Protein (g)	1.2
Total Fat (g)	0.2
Carbohydrate, total (g)	1.8
Ash, total (g)	3.9

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)	62
Phosphorus, P (mg)	8
Iron, Fe (mg)	2.1
Sodium, Na (mg)	-

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	170
Retinol Activity Equivalent, RAE (µg)	14
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0
Niacin (mg)	0.1
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