



Food ID: T006

Food name and Description: Chlorella

Scientific name: *Chlorella pyrenoidosa*

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	7
Energy, calculated (kcal)	351
Protein (g)	53.3
Total Fat (g)	4.9
Carbohydrate, total (g)	23.4
Ash, total (g)	11.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	12.4
Sugars, total (g)	0.4

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	602
Phosphorus, P (mg)	2019
Iron, Fe (mg)	514
Sodium, Na (mg)	0

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	5065
Retinol Activity Equivalent, RAE (µg)	422
Thiamin, Vitamin B1 (mg)	0.87
Riboflavin, Vitamin B2 (mg)	3.23
Niacin (mg)	7.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.28
Fatty acids, monounsaturated, total (g)	0.64
Fatty acids, polyunsaturated, total(g)	2.77
Cholesterol (mg)	-