



Food ID: H023

Food name and Description: Egg mass, sea hare

Scientific name: *Dolabella auricularia*

Alternate/Common name(s): Lukot

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	95.5
Energy, calculated (kcal)	17
Protein (g)	2.4
Total Fat (g)	0.2
Carbohydrate, total (g)	1.3
Ash, total (g)	0.6

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)	180
Phosphorus, P (mg)	6
Iron, Fe (mg)	0.1
Sodium, Na (mg)	-

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	125
Retinol Activity Equivalent, RAE (µg)	10
Thiamin, Vitamin B1 (mg)	0
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	0.7
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