

# Kelp (sea vegetable)

In-depth nutrient analysis:

Kelp (sea vegetable)

(Note: "--" indicates data is unavailable)

## Basic Components

Nutrient	Amount	%DV
calories	8.60	0.48
calories from fat	1.01	
calories from saturated fat	0.44	
protein	0.34 g	0.68
carbohydrates	1.91 g	0.64
dietary fiber	0.26 g	1.04
soluble fiber	0.00 g	
insoluble fiber	0.00 g	
sugar - total	0.00 g	
monosaccharides	0.00 g	
disaccharides	0.00 g	
other carbs	0.00 g	
fat - total	0.11 g	0.17
saturated fat	0.05 g	0.25
mono fat	0.02 g	0.08
poly fat	0.01 g	0.04
trans fatty acids	0.00 g	
cholesterol	0.00 mg	0.00
water	16.32 g	
ash	1.32 g	

## Vitamins

Nutrient	Amount	%DV
vitamin A IU	23.20 IU	0.46
vitamin A RE	2.40 RE	
A - carotenoid	2.40 RE	0.03
A - retinol	0.00 RE	
A - beta carotene	14.40 mcg	
thiamin - B1	0.01 mg	0.67
riboflavin - B2	0.03 mg	1.76
niacin - B3	0.09 mg	0.45
niacin equiv	0.25 mg	
vitamin B6	0.00 mg	0.00
vitamin B12	0.00 mcg	0.00
biotin	0.00 mcg	0.00
vitamin C	0.60 mg	1.00
vitamin D IU	0.00 IU	0.00
vitamin D mcg	0.00 mcg	
vitamin E alpha equiv	0.17 mg	0.85
vitamin E IU	0.26 IU	
vitamin E mg	0.17 mg	
folate	36.00 mcg	9.00
vitamin K	13.20 mcg	16.50
pantothenic acid	0.13 mg	1.30

## Minerals

Nutrient	Amount	%DV
boron	0.00 mcg	
calcium	33.60 mg	3.36
chloride	0.00 mg	
chromium	0.00 mcg	0.00
copper	0.03 mg	1.50
fluoride	0.00 mg	0.00
iodine	415.00 mcg	276.67
iron	0.57 mg	3.17
magnesium	24.20 mg	6.05
manganese	0.04 mg	2.00
molybdenum	1.00 mcg	1.33
phosphorus	8.40 mg	0.84
potassium	17.80 mg	0.51
selenium	0.14 mcg	0.20
sodium	46.60 mg	1.94
zinc	0.25 mg	1.67

## Saturated Fats

Nutrient	Amount	%DV
4:0 butyric	0.00 g	
6:0 caproic	0.00 g	
8:0 caprylic	0.00 g	
10:0 capric	0.00 g	
12:0 lauric	0.00 g	
14:0 myristic	0.01 g	
15:0 pentadecanoic	0.00 g	
16:0 palmitic	0.02 g	
17:0 margaric	0.00 g	
18:0 stearic	0.02 g	
20:0 arachidic	0.00 g	
22:0 behenate	0.00 g	
24:0 lignoceric	0.00 g	

## Mono Fats

Nutrient	Amount	%DV
14:1 myristol	0.00 g	
15:1 pentadecenoic	0.00 g	
16:1 palmitol	0.00 g	
17:1 heptadecenoic	0.00 g	
18:1 oleic	0.02 g	
20:1 eicosen	0.00 g	
22:1 erucic	0.00 g	
24:1 nervonic	0.00 g	

## Poly Fats

Nutrient	Amount	%DV
18:2 linoleic	0.00 g	
18:3 linolenic	0.00 g	
18:4 stearidon	0.00 g	
20:3 eicosatrienoic	0.00 g	
20:4 arachidon	0.00 g	
20:5 EPA	0.00 g	
22:5 DPA	0.00 g	
22:6 DHA	0.00 g	

## Other Fats

Nutrient	Amount	%DV
omega 3 fatty acids	0.00 g	0.00
omega 6 fatty acids	0.01 g	

## Amino Acids

Nutrient	Amount	%DV
alanine	0.02 g	
arginine	0.01 g	
aspartate	0.03 g	
cystine	0.02 g	4.88
glutamate	0.05 g	
glycine	0.02 g	
histidine	0.00 g	0.00
isoleucine	0.02 g	1.74
leucine	0.02 g	0.79
lysine	0.02 g	0.85
methionine	0.01 g	1.35
phenylalanine	0.01 g	0.84
proline	0.01 g	
serine	0.02 g	
threonine	0.01 g	0.81
tryptophan	0.01 g	3.13
tyrosine	0.01 g	1.03
valine	0.01 g	0.68

## Other

Nutrient	Amount	%DV
alcohol	0.00 g	
caffeine	0.00 mg	
artif sweetener total	0.00 mg	
aspartame	0.00 mg	
saccharin	0.00 mg	
sugar alcohol	0.00 g	
glycerol	0.00 g	
inositol	0.00 g	
mannitol	0.00 g	
sorbitol	0.00 g	
xylitol	0.00 g	
organic acids	0.00 mg	
acetic acid	0.00 mg	
citric acid	0.00 mg	
lactic acid	0.00 mg	
malic acid	0.00 mg	
choline	0.00 mg	0.00
taurine	0.00 mg	

Note: The nutrient profiles provided in this website are derived from Food Processor for Windows, Version 7.60, by ESHA Research in Salem, Oregon, USA. Of the 21,629 food records contained in the ESHA foods database, most of them - including those of the World's Healthiest Foods - lacked information for specific nutrients. The designation "--" was chosen to represent those nutrients for which there was no measurement included in the ESHA foods database.