

Clearspring Sea Vegetables Typical Nutrition per 100g

From independent laboratory testing. x = not tested

	Energy	Protein	Carbo- hydrate	of which sugars	Fat	of which saturates	Fibre	Sodium	Calcium	Magne- sium	Iron	Iodine	Approx. serving size
ARAME	313kJ- 74kcal	9.7g	7.2g	1.5g	0.7g	0.4g	61.3g	1.3g	1120mg	515mg	4.7mg	62.8mg	5g/week
DULSE	593kJ- 142kcal	16.9g	18.1g	0.8g	0.2g	trace	29.6g	1.3g	140mg	202mg	9mg	11.3mg	5g/week
GREEN NORI SPRINKLE	464kJ- 111kcal	21.7g	5.8g	0.4g	0.1g	trace	41.0g	0.9g	720mg	1300mg	74.8mg	2.3mg	2g
HIJIKI	448kJ- 106kcal	9.5g	15.3g	0.3g	0.7g	0.4g	45.0g	1.5g	1550mg	630mg	36.4mg	40.8mg	5g/week
JAPANESE SEA VEG. SALAD	332kJ- 79kcal	13.7g	1.7g	0.1g	1.9g	1.2g	48.4g	7.7g	642mg	x	13.3mg	x	5g
KOMBU	607kJ- 144kcal	7g	21.5g	0.6g	3.3g	1.7g	34.4g	3.7g	942mg	742mg	6.7mg	341.4mg	1g/week
NORI	752kJ- 180kcal	41.1g	3.2g	0.5g	0.3g	0.1g	41.6g	0.2g	330mg	360mg	20mg	2.05mg	1 sheet
SEA SALAD	553kJ- 133kcal	23.0g	9.2g	0.9g	0.4g	trace	40.5g	trace	450mg	1118mg	54.6mg	x	10g
SUSHI NORI	635kJ- 152kcal	35g	1.9g	0.6g	0.5g	0.5g	45.3g	0.6g	280mg	330mg	18mg	3mg	1 sheet
TOASTED NORI STRIPS	1500kJ- 358kcal	39.9g	8.9g	4.3g	2.3g	0.1g	35.6g	1.6g	107mg	x	8.3mg	3mg	2 individual wraps
WAKAME	558kJ- 132kcal	20.5g	9.3g	0.1g	1.4g	0.8g	26.7g	7.1g	721mg	1070mg	3.8mg	13.9mg	5g/week
INSTANT WAKAME FLAKES	540kJ- 128kcal	21.4g	3.4g	trace	3.2g	0.8g	34.4g	10.1g	677mg	491mg	x	9mg	5g/week