

Clearspring Sea Vegetables Typical Nutrition per 100g

From Independent Laboratory testing. x = not tested

	Energy	Protein	Carbo- hydrate	Fat	Fibre	Sodium	Calcium	Magnesium	Iron
NORI	752kJ 180kcal	41.1g	3.2g	0.3g	41.6g	0.2g	330mg	360mg	20mg
SUSHI NORI	635kJ 152kcal	35g	1.9g	0.5g	45.3g	0.6g	280mg	330mg	18mg
GREEN NORI SPRINKLE	464kJ 111kcal	21.7g	5.8g	0.1g	41.0g	0.9g	720mg	1300mg	74.8mg
TOASTED NORI STRIPS	1500kJ 358kcal	39.9g	8.9g	2.3g	35.6g	1.6g	107mg	x	8.3mg
ARAME	189kJ 45kcal	9.4g	1.0g	0.4g	67.7g	1.0g	1190mg	560mg	13mg
HIJIKI	448kJ 106kcal	9.5g	15.3g	0.7g	45.0g	1.5g	1449mg	896mg	52mg
KOMBU	262kJ 63kcal	6.2g	8.1g	0.6g	41.8g	3.7g	950mg	810mg	10mg
WAKAME	388kJ 93kcal	15.4g	5.8g	0.9g	34.0g	6.2g	750mg	1060mg	x
JAPANESE SEA VEG. SALAD	332kJ 79kcal	13.7g	1.7g	1.9g	48.4g	trace	642mg	x	13.3mg
SEA SALAD	553kJ 133kcal	23.0g	9.2g	0.4g	40.5g	trace	450mg	1118mg	54.6mg
DULSE	593kJ 142kcal	16.9g	18.1g	0.2g	29.6g	1.3g	140mg	202mg	9mg