

October 2, 2012

Company: Alga Snaks
Item: Dried Seaweed Pellet Snack
Pack: 44 lbs

NUTRITION COMPOSITION

Serving Size: 1/3 cup (27g/ makes 1-1/2 cups prepared)

Nutrients	Per Serving	Per 100g	Nutrients	Per Serving	Per 100g
Basic Components			Vitamin B12 (mcg)	0.13	0.47
Calories (kcal)	85.45	321.24	Vitamin C (mg)	0.20	0.75
Calories from Fat (kcal)	5.53	20.78	Vitamin D - IU (IU)	0	0
Protein (g)	3.41	12.82	Vitamin D - mcg (mcg)	0	0
Carbohydrates (g)	17.70	66.52	Vitamin E - IU (IU)	0.34	1.28
Dietary Fiber (g)	2.14	8.06	Folate (mcg)	8.76	32.93
Total Sugars (g)	0.08	0.31	Vitamin K (mcg)	0.38	1.42
Fat (g)	0.61	2.31	Pantothenic Acid (mg)	0.12	0.45
Saturated Fat (g)	0.09	0.32	Minerals		
Mono Fat (g)	0.06	0.21	Calcium (mg)	52.28	196.54
Poly Fat (g)	0.23	0.88	Copper (mg)	0.09	0.34
Trans Fatty Acid (g)	0	0	Iron (mg)	2.78	10.45
Cholesterol (mg)	0	0	Magnesium (mg)	71.06	267.15
Water (g)	1.97	7.40	Manganese (mg)	0.87	3.27
Gram Weight (g)	26.60	100.00	Molybdenum (mcg)	--	--
Ash (g)	0.77	2.90	Phosphorus (mg)	91.66	344.59
Vitamins			Potassium (mg)	611.73	2299.75
Vitamin A - IU (IU)	28.81	108.31	Selenium (mcg)	12.35	46.43
Vitamin A - RE (RE)	2.88	10.83	Sodium (mg)	402.12	1511.72
Beta-Carotene (mcg)	1.00	3.74	Zinc (mg)	0.66	2.47
Vitamin B1 (mg)	0.13	0.48	Poly Fats		
Vitamin B2 (mg)	0.15	0.57	Omega 3 Fatty Acid (g)	0.01	0.05
Vitamin B3 (mg)	1.16	4.37	Omega 6 Fatty Acid (g)	0.22	0.82
Vitamin B6 (mg)	0.50	1.87			

Nutritional values shown represent the composition of this product based on data submitted by the manufacturer and their suppliers. Nutritional values are based on the product formulation and is comprised of data compiled from the United States Department of Agriculture and suppliers. NutriData guarantees the accuracy of the analysis based on the information supplied by the manufacturer(s). As a mutual protection to clients, the public and ourselves, all reports are submitted as the confidential property of the client.

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Nutrition Facts			
Serving Size 1/3 cup (27g/ makes 1-1/2 cups prepared)			
Servings Per Container about 750			
Amount Per Serving		dry	prepared
Calories		90	140
Calories from Fat		5	90
		% Daily Value**	
Total Fat 0.5g*		1%	15%
Saturated Fat 0g		0%	8%
Trans Fat 0g			
Cholesterol 0mg		0%	0%
Sodium 400mg		17%	12%
Total Carbohydrate 18g		6%	4%
Dietary Fiber 2g		8%	4%
Sugars 0g			
Protein 3g			
Vitamin A		0%	0%
Vitamin C		0%	0%
Calcium		6%	4%
Iron		15%	10%
<small>*Amount in dry, prepared contributes an additional 50 Calories (90 Calories from Fat), 10 g Total Fat (1.5 g Saturated Fat). **Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>			

INGREDIENTS: WHOLE WHEAT FLOUR, SEAWEED, KELP, DRIED, CORNSTARCH, SODIUM BICARBONATE, SEA SALT.