



Nutritional Values

	UNIT	average ± st. dev.
HUMIDITY	g/100 g	9.80 ± 0.26
PROTEIN (N x 6,25)	g/100 g	14.98 ± 0.74
CARBOHYDRATES	g/100 g	59.30 ± 1.95
ASHES	g/100 g	1.68 ± 0.15
ALIMENTARY FIBERS	g/100 g	12.03 ± 1.04
ENERGETIC VALUE	kcal/100g	326 ± 13
ENERGETIC VALUE	kjoule/100g	1,380 ± 52
FAT	g/100 g	2.21 ± 0.49
STARCH	g/100 g	56.97 ± 2.63
SUGAR COMPOSITION		
Glucose	g/100 g	0.17 ± 0.08
Galactose	g/100 g	< 0.01
Fructose	g/100 g	0.11 ± 0.04
Lactose	g/100 g	0.67
Sucrose	g/100 g	0.68 ± 0.01
Maltose	g/100 g	0.92 ± 0.13
Maltotriose	g/100 g	0.05
AMINO ACID COMPOSITION		
TRYPTOPHAN	g/100 g	0.10 ± 0.01
CYSTINE	g/100 g	0.44 ± 0.13
METHIONINE	g/100 g	0.34 ± 0.14
ASPARTIC ACID	g/100 g	1.00 ± 0.31
THREONINE	g/100 g	0.53 ± 0.13
SERINE	g/100 g	0.96 ± 0.26
GLUTAMIC ACID	g/100 g	5.26 ± 1.02
PROLINE	g/100 g	1.77 ± 0.42
GLYCINE	g/100 g	0.66 ± 0.13
ALANINE	g/100 g	0.64 ± 0.13
VALINE	g/100 g	0.74 ± 0.06
ISOLEUCINE	g/100 g	0.74 ± 0.23
LEUCINE	g/100 g	1.22 ± 0.29
TYROSINE	g/100 g	0.44 ± 0.11
PHENYLALANINE	g/100 g	0.98 ± 0.16
LYSINE	g/100 g	0.47 ± 0.06
HISTIDINE	g/100 g	0.48 ± 0.03
ARGININE	g/100 g	0.79 ± 0.11



	UNIT	average ± st. dev.
FATTY ACID COMPOSITION		
MYRISTIC ACID (C 14:0)	%	0.16 ± 0.02
MYRISTOLEIC ACID (C 14:1)	%	< 0.01
PENTADECANOIC ACID (C 15:0)	%	< 0.01
PENTADECENOIC ACID (C 15:1)	%	< 0.01
PALMITIC ACID (C 16:0)	%	21.57 ± 2.62
PALMITOLEIC ACID (C 16:1)	%	0.56 ± 0.32
HEPTADECANOIC ACID (C 17:0)	%	0.23 ± 0.15
HEPTADECENOIC ACID (C 17:1)	%	0.09 ± 0.03
STEARIC ACID (C 18:0)	%	1.16 ± 0.21
OLEIC ACID (C 18:1)	%	17.14 ± 2.29
LINOLEIC ACID (C 18:2)	%	54.26 ± 5.15
LINOLENIC ACID (C 18:3)	%	3.53 ± 0.59
ARACHIC ACID (C 20:0)	%	0.37 ± 0.19
EICOSENOIC ACID (C 20:1)	%	0.94 ± 0.11
BEHENIC ACID (C 22:0)	%	0.24 ± 0.04
ERUCIC ACID (C 22:1)	%	< 0.01
LIGNOCERIC ACID (C 24:0)	%	0.24 ± 0.06
SATURATED FATTY ACID	%	23.80 ± 2.78
MONOUNSATURATED FATTY ACID	%	18.41 ± 2.97
POLYUNSATURATED FATTY ACID	%	57.79 ± 5.73
PHOSPHOLIPIDS		
Phosphatidylinositol	mg/kg (ppm)	< 10
Phosphatidylserine	mg/kg (ppm)	77 ± 25
Phosphatidylethanolamine	mg/kg (ppm)	237 ± 55
Phosphatidylcholine	mg/kg (ppm)	587 ± 76
VITAMINS		
FOLIC ACID	mg/kg (ppm)	0.38 ± 0.07
VITAMIN A	mg/kg (ppm)	0.80
VITAMIN B1	mg/kg (ppm)	4.00 ± 0.14
VITAMIN B2	mg/kg (ppm)	1.89
VITAMIN B6	mg/kg (ppm)	0.98 ± 0.14
VITAMIN C	mg/kg (ppm)	< 1
VITAMIN E	mg/kg (ppm)	12.00 ± 4.58
VITAMIN H	mg/kg (ppm)	0.063 ± 0.019
VITAMIN K3	mg/kg (ppm)	< 0.1
VITAMIN PP	mg/kg (ppm)	63.67 ± 4.73



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CAROTENOID		
Capsorubin	mg/kg (ppm)	< 0.1
Astaxanthin	mg/kg (ppm)	< 0.1
Capsanthin	mg/kg (ppm)	< 0.1
Lutein	mg/kg (ppm)	2.67 ± 0.32
Zeaxanthin	mg/kg (ppm)	0.30
Cantaxanthin	mg/kg (ppm)	< 0.1
Beta-Apo-8'-Carotenal (e160e)	mg/kg (ppm)	< 0.1
Citranaxanthin	mg/kg (ppm)	< 0.1
Beta-apo-8'-carotenic acid –ethyl ester (e 160 f)	mg/kg (ppm)	< 0.1
Beta-Cryptoxanthin	mg/kg (ppm)	< 0.1
13-cis-beta-Carotene	mg/kg (ppm)	< 0.1
All-trans-alpha-Carotene	mg/kg (ppm)	< 0.1
All-trans-beta-Carotene	mg/kg (ppm)	< 0.1
9-cis-beta-Carotene	mg/kg (ppm)	< 0.1
Lycopene	mg/kg (ppm)	< 0.1
MINERALS		
SILICON	mg/kg (ppm)	1,332 ± 1,687
IODINE TOTAL	mg/kg (ppm)	0.09 ± 0.05
ZINC	mg/kg (ppm)	35.10 ± 5.30
BORON	mg/kg (ppm)	5.41 ± 5.73
CALCIUM	mg/kg (ppm)	254 ± 20
COBALT	mg/kg (ppm)	0.02
IRON	mg/kg (ppm)	44.33 ± 8.40
PHOSPHORUS	mg/kg (ppm)	3,790 ± 540
MAGNESIUM	mg/kg (ppm)	1,650 ± 100
MANGANESE	mg/kg (ppm)	37.47 ± 2.18
MOLYBDENUM	mg/kg (ppm)	0.65 ± 0.14
NICKEL	mg/kg (ppm)	0.43 ± 0.07
POTASSIUM	mg/kg (ppm)	4,793 ± 524
SELENIUM	mg/kg (ppm)	2.55± 0.23
SODIUM	mg/kg (ppm)	55.20 ± 8.73
COPPER	mg/kg (ppm)	5.17 ± 0.55