



## 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       |
| <b>SUGAR COMPOSITION</b>      |             |                    |
| 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               |
| <b>AMINO ACID COMPOSITION</b> |             |                    |
| 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        |



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| <b>FATTY ACID COMPOSITION</b> |             |                    |
| 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       |
| <b>PHOSPHOLIPIDS</b>          |             |                    |
| Phosphatidylinositol          | mg/kg (ppm) | < 10               |
| Phosphatidylserine            | mg/kg (ppm) | 77 ± 25            |
| Phosphatidylethanolamine      | mg/kg (ppm) | 237 ± 55           |
| Phosphatidylcholine           | mg/kg (ppm) | 587 ± 76           |
| <b>VITAMINS</b>               |             |                    |
| 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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|---|-------------|--------------------|
| <b>CAROTENOID</b>                                 |             |                    |
| 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              |
| <b>MINERALS</b>                                   |             |                    |
| 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        |