Tabel 1. Voedingswaarden van 2 soorten vlees en 2 soorten zeewier, per 100 gram vers product.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  | **Vlees** |  | **Zeewier** |  |
| **Voedingsstof** | **eenheid** | **Gehakt (half om half)** | **Kipfilet** | **Wakame** | **Dulse** |
|  |  |  |  |  |  |
| Eiwit | gram | 17.5 | 22.8 | 3.3 | 2.2 |
| Vet | gram | 20.6 | 0.9 | 0.5 | 0.7 |
| Koolhydraten | gram | 0 | 0 | 0 | 0 |
| Vezels | gram | 0 | 0 | 9.6 | 6.76 |
| water | gram | 60.9 | 75.3 | 79.9 | 84 |
|  |  |  |  |  |  |
| *Vitamines* |  |  |  |  |  |
|  |  |  |  |  |  |
| B1 | milligram | 0.18 | 0.07 | 0.403 | 0.024 |
| B6 | milligram | 0.09 | 0.7 | 0.259 | 0.02 |
| B11 | microgram | 4 | 8 | 196 | 21 |
| B12 | microgram | 1.5 | 0.2 | 0.345 | 1.84 |
|  |  |  |  |  |  |
| *Mineralen* |  |  |  |  |  |
|  |  |  |  |  |  |
| Ijzer | milligram | 1.5 | 0.6 | 3.9 | 12.8 |
| Magnesium | milligram | 20 | 30 | 107 | 97 |
| Calcium | milligram | 10 | 10 | 150 | 148 |
|  |  |  |  |  |  |
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|  |  |  |  |  |  |
| BRONNEN |  |  |  |  |  |
|  |  |  |  |  |  |
| [**Voedingswaardetabel.nl**](http://voedingswaardetabel.nl) |  |  |  |  |  |
| [**USDA Branded Food Products Database**](https://ndb.nal.usda.gov/ndb/foods/show/127810?fgcd=&manu=&lfacet=&format=&count=&max=50&offset=&sort=default&order=asc&qlookup=dulse&ds=&qt=&qp=&qa=&qn=&q=&ing=) |  |  |  |  |  |
| [**Nutritional value of edible seaweeds**](http://nutritionreviews.oxfordjournals.org/content/65/12/535.abstract) |  |  |  |  |  |
| [**Bioactive compounds in seaweed: functional food applications and legislation**](https://link.springer.com/article/10.1007/s10811-010-9632-5) |  |  |  |  |  |