

Rising Tide Sea Vegetables

P.O. Box 1914 Mendocino, CA 95460

risingtide@mcn.org www.loveseaweed.com

707-964-5663



Maple Kelp Crunch Nutrition Facts

Ingredients: organic sesame seeds,
organic kombu (kelp), organic rice syrup,
organic maple syrup.

servings 30 g	Amt per Serving	% Daily Value*
calories 135.3 cal. from fat: 76.1		
Total fat g	8.5	13%
Sat. fat g	1.2	5.9%
Chol. mg	0	0%
Sodium mg	128.9	5.4%
Pot. mg	394.2	11.3
Total Carb. g	13	4.6%
Diet. Fiber g	2.9	11.5
Sugars g	5.9	-
Protein g	3.5	7%
Mag mg	84.0	21%
Phos mg	117.6	13.1
Vit. A IU	16.9	0.6%
Vit. C mg	0.2	0.4%
Cal. mg	192.7	19.3
Iron mg	3.7	24.4
Rib B2 mg	0.1	7.8%
Niacin mg	0.9	5.4%
Folic Acid	16.3	4.1%

Based on a 2000 calorie diet comprised
of 10% protein, 30% fat, and 60%
carbohydrates.

GingerSoynut Kelp Crunch Nutrition Facts

Ingredients: organic sesame seeds,
organic kombu (kelp), organic soynuts,
organic ginger, organic brown rice syrup,
organic maple syrup.

Serving size 30 g	Am't per Serving	% Daily Value *
Calories 129.4 Cal. from fat: 63.7		
Total fat g	7.1	10.9%
Sat. fat g	1.0	4.9%
Chol. mg	0	0%
Sodium mg	108	4.5%
Pot. mg	378.4	10.8%
Total Carb g	13.6	4.6%
Diet Fiber g	3.0	12.2%
Sugars g	6.1	-
Protein g	4.2	8.4%
Mag. mg	74.2	18.5%
Phos. mg	115.3	12.8%
Vit. A IU	15.6	0.5%
Vit. C mg	0.4	0.6%
Cal. mg	155.4	15.5%
Iron mg	3.2	26.6%
Rib B2 mg	0.1	9.1%
Niacin mg	0.9	5.5%
Folic Acid mcg	20.6	5.2%

Based on a 2000 calorie diet comprised
of 10% protein, 30% fat, and 60%
carbohydrates.