

Basic Report 04047, Oil, coconut

Report Date: September 20, 2019 10:33 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 13.6g	1 cup 218g	1 tsp 4.5g
Proximates					
Water	g	0.03	0.00	0.07	0.00
Energy	kcal	892	121	1945	40
Protein	g	0.00	0.00	0.00	0.00
Total lipid (fat)	g	99.06	13.47	215.95	4.46
Carbohydrate, by difference	g	0.00	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00	0.00
Minerals					
Calcium, Ca	mg	1	0	2	0
Iron, Fe	mg	0.05	0.01	0.11	0.00
Magnesium, Mg	mg	0	0	0	0
Phosphorus, P	mg	0	0	0	0
Potassium, K	mg	0	0	0	0
Sodium, Na	mg	0	0	0	0
Zinc, Zn	mg	0.02	0.00	0.04	0.00
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.000	0.000	0.000	0.000
Riboflavin	mg	0.000	0.000	0.000	0.000
Niacin	mg	0.000	0.000	0.000	0.000
Vitamin B-6	mg	0.000	0.000	0.000	0.000
Folate, DFE	µg	0	0	0	0
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0
Vitamin A, IU	IU	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.11	0.01	0.24	0.00

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	0.6	0.1	1.3	0.0
Lipids					
Fatty acids, total saturated	g	82.475	11.217	179.796	3.711
Fatty acids, total monounsaturated	g	6.332	0.861	13.804	0.285
Fatty acids, total polyunsaturated	g	1.702	0.231	3.710	0.077
Fatty acids, total trans	g	0.028	0.004	0.061	0.001
Cholesterol	mg	0	0	0	0
Amino Acids					
Other					
Caffeine	mg	0	0	0	0