

**Basic Report 12119, Nuts, coconut water (liquid from coconuts)**
**Report Date: July 20, 2019 02:10 EDT**

Nutrient values and weights are for edible portion.

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 240g</b>	<b>1 tbsp 15g</b>	<b>1 coconut yields 206g</b>
<b>Proximates</b>					
Water	g	94.99	227.98	14.25	195.68
Energy	kcal	19	46	3	39
Protein	g	0.72	1.73	0.11	1.48
Total lipid (fat)	g	0.20	0.48	0.03	0.41
Carbohydrate, by difference	g	3.71	8.90	0.56	7.64
Fiber, total dietary	g	1.1	2.6	0.2	2.3
Sugars, total	g	2.61	6.26	0.39	5.38
<b>Minerals</b>					
Calcium, Ca	mg	24	58	4	49
Iron, Fe	mg	0.29	0.70	0.04	0.60
Magnesium, Mg	mg	25	60	4	52
Phosphorus, P	mg	20	48	3	41
Potassium, K	mg	250	600	38	515
Sodium, Na	mg	105	252	16	216
Zinc, Zn	mg	0.10	0.24	0.01	0.21
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	2.4	5.8	0.4	4.9
Thiamin	mg	0.030	0.072	0.004	0.062
Riboflavin	mg	0.057	0.137	0.009	0.117
Niacin	mg	0.080	0.192	0.012	0.165
Vitamin B-6	mg	0.032	0.077	0.005	0.066
Folate, DFE	µg	3	7	0	6
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	0.00	0.00	0.00	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	0.0	0.0	0.0	0.0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.176	0.422	0.026	0.363
Fatty acids, total monounsaturated	g	0.008	0.019	0.001	0.016
Fatty acids, total polyunsaturated	g	0.002	0.005	0.000	0.004
Cholesterol	mg	0	0	0	0
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0