

Basic Report 14171, Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2

Report Date: September 18, 2019 01:25 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 240g
Proximates			
Water	g	94.57	226.97
Energy	kcal	31	74
Protein	g	0.21	0.50
Total lipid (fat)	g	2.08	4.99
Carbohydrate, by difference	g	2.92	7.01
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	2.50	6.00
Minerals			
Calcium, Ca	mg	188	451
Iron, Fe	mg	0.30	0.72
Magnesium, Mg	mg	0	0
Phosphorus, P	mg	0	0
Potassium, K	mg	19	46
Sodium, Na	mg	19	46
Zinc, Zn	mg	0.00	0.00
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.000	0.000
Riboflavin	mg	0.000	0.000
Niacin	mg	0.000	0.000
Vitamin B-6	mg	0.000	0.000
Folate, DFE	µg	0	0
Vitamin B-12	µg	1.25	3.00
Vitamin A, RAE	µg	63	151
Vitamin A, IU	IU	208	499
Vitamin E (alpha-tocopherol)	mg	0.00	0.00

Nutrient	Unit	1 Value Per100 g	1 cup 240g
Vitamin D (D2 + D3)	µg	1.0	2.4
Vitamin D	IU	42	101
Vitamin K (phylloquinone)	µg	0.0	0.0
Lipids			
Fatty acids, total saturated	g	2.083	4.999
Fatty acids, total monounsaturated	g	0.000	0.000
Fatty acids, total polyunsaturated	g	0.000	0.000
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0