

Basic Report 12104, Nuts, coconut meat, raw [a](#)

Report Date: June 25, 2019 22:02 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 cup, shredded 80g | 1 medium 397g | 1 piece (2" x 2" x 1/2") 45g |
|--------------------------------|------|------------------|---------------------|---------------|------------------------------|
| Proximates | | | | | |
| Water | g | 46.99 | 37.59 | 186.55 | 21.15 |
| Energy | kcal | 354 | 283 | 1405 | 159 |
| Protein | g | 3.33 | 2.66 | 13.22 | 1.50 |
| Total lipid (fat) | g | 33.49 | 26.79 | 132.96 | 15.07 |
| Carbohydrate, by difference | g | 15.23 | 12.18 | 60.46 | 6.85 |
| Fiber, total dietary | g | 9.0 | 7.2 | 35.7 | 4.0 |
| Sugars, total | g | 6.23 | 4.98 | 24.73 | 2.80 |
| Minerals | | | | | |
| Calcium, Ca | mg | 14 | 11 | 56 | 6 |
| Iron, Fe | mg | 2.43 | 1.94 | 9.65 | 1.09 |
| Magnesium, Mg | mg | 32 | 26 | 127 | 14 |
| Phosphorus, P | mg | 113 | 90 | 449 | 51 |
| Potassium, K | mg | 356 | 285 | 1413 | 160 |
| Sodium, Na | mg | 20 | 16 | 79 | 9 |
| Zinc, Zn | mg | 1.10 | 0.88 | 4.37 | 0.50 |
| Vitamins | | | | | |
| Vitamin C, total ascorbic acid | mg | 3.3 | 2.6 | 13.1 | 1.5 |
| Thiamin | mg | 0.066 | 0.053 | 0.262 | 0.030 |
| Riboflavin | mg | 0.020 | 0.016 | 0.079 | 0.009 |
| Niacin | mg | 0.540 | 0.432 | 2.144 | 0.243 |
| Vitamin B-6 | mg | 0.054 | 0.043 | 0.214 | 0.024 |
| Folate, DFE | µg | 26 | 21 | 103 | 12 |
| 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 |

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|------------------------------------|-------------|---------------------------------|--------------------------------|--------------------------|---|
| Vitamin E (alpha-tocopherol) | mg | 0.24 | 0.19 | 0.95 | 0.11 |
| Vitamin D (D2 + D3) | µg | 0.0 | 0.0 | 0.0 | 0.0 |
| Vitamin D | IU | 0 | 0 | 0 | 0 |
| Vitamin K (phylloquinone) | µg | 0.2 | 0.2 | 0.8 | 0.1 |
| Lipids | | | | | |
| Fatty acids, total saturated | g | 29.698 | 23.758 | 117.901 | 13.364 |
| Fatty acids, total monounsaturated | g | 1.425 | 1.140 | 5.657 | 0.641 |
| Fatty acids, total polyunsaturated | g | 0.366 | 0.293 | 1.453 | 0.165 |
| Cholesterol | mg | 0 | 0 | 0 | 0 |
| Amino Acids | | | | | |
| Other | | | | | |
| Caffeine | mg | 0 | 0 | 0 | 0 |

Footnotes

^a From mature coconut.