

Basic Report 12108, Nuts, coconut meat, dried (desiccated), not sweetened

Report Date: August 24, 2019 10:28 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g
Proximates			
Water	g	3.00	0.85
Energy	kcal	660	187
Protein	g	6.88	1.95
Total lipid (fat)	g	64.53	18.29
Carbohydrate, by difference	g	23.65	6.70
Fiber, total dietary	g	16.3	4.6
Sugars, total	g	7.35	2.08
Minerals			
Calcium, Ca	mg	26	7
Iron, Fe	mg	3.32	0.94
Magnesium, Mg	mg	90	26
Phosphorus, P	mg	206	58
Potassium, K	mg	543	154
Sodium, Na	mg	37	10
Zinc, Zn	mg	2.01	0.57
Vitamins			
Vitamin C, total ascorbic acid	mg	1.5	0.4
Thiamin	mg	0.060	0.017
Riboflavin	mg	0.100	0.028
Niacin	mg	0.603	0.171
Vitamin B-6	mg	0.300	0.085
Folate, DFE	µg	9	3
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin E (alpha-tocopherol)	mg	0.44	0.12

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.3	0.1
Lipids			
Fatty acids, total saturated	g	57.218	16.221
Fatty acids, total monounsaturated	g	2.745	0.778
Fatty acids, total polyunsaturated	g	0.706	0.200
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0