

## Basic Report 14090, Beverages, Coconut water, ready-to-drink, unsweetened

Report Date: September 23, 2019 09:17 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 245g
<b>Proximates</b>			
Water	g	95.03	232.82
Energy	kcal	18	44
Protein	g	0.22	0.54
Total lipid (fat)	g	0.00	0.00
Carbohydrate, by difference	g	4.24	10.39
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	3.92	9.60
<b>Minerals</b>			
Calcium, Ca	mg	7	17
Iron, Fe	mg	0.03	0.07
Magnesium, Mg	mg	6	15
Phosphorus, P	mg	5	12
Potassium, K	mg	165	404
Sodium, Na	mg	26	64
Zinc, Zn	mg	0.02	0.05
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	9.9	24.3
Thiamin	mg	0.030	0.073
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	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	0.00

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup 245g</b>
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0
<b>Lipids</b>			
Fatty acids, total saturated	g	0.000	0.000
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
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0