

Basic Report 12104, Nuts, coconut meat, raw [a](#)
Report Date: August 18, 2019 09:10 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

Nutrient	Unit	1 Value Per100 g	1 cup, shredded 80g	1 medium 397g	1 piece (2" x 2" x 1/2") 45g
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.