

Basic Report 12117, Nuts, coconut milk, raw (liquid expressed from grated meat and water)

Report Date: July 22, 2019 00:31 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 240g	1 tbsp 15g
Proximates				
Water	g	67.62	162.29	10.14
Energy	kcal	230	552	34
Protein	g	2.29	5.50	0.34
Total lipid (fat)	g	23.84	57.22	3.58
Carbohydrate, by difference	g	5.54	13.30	0.83
Fiber, total dietary	g	2.2	5.3	0.3
Sugars, total	g	3.34	8.02	0.50
Minerals				
Calcium, Ca	mg	16	38	2
Iron, Fe	mg	1.64	3.94	0.25
Magnesium, Mg	mg	37	89	6
Phosphorus, P	mg	100	240	15
Potassium, K	mg	263	631	39
Sodium, Na	mg	15	36	2
Zinc, Zn	mg	0.67	1.61	0.10
Vitamins				
Vitamin C, total ascorbic acid	mg	2.8	6.7	0.4
Thiamin	mg	0.026	0.062	0.004
Riboflavin	mg	0.000	0.000	0.000
Niacin	mg	0.760	1.824	0.114
Vitamin B-6	mg	0.033	0.079	0.005
Folate, DFE	µg	16	38	2
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.15	0.36	0.02

Nutrient	Unit	1 Value Per100 g	1 cup 240g	1 tbsp 15g
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	0.1	0.2	0.0
Lipids				
Fatty acids, total saturated	g	21.140	50.736	3.171
Fatty acids, total monounsaturated	g	1.014	2.434	0.152
Fatty acids, total polyunsaturated	g	0.261	0.626	0.039
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0