

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

Report Date: August 25, 2019 00:50 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 |

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| 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 |