

Basic Report 12118, Nuts, coconut milk, canned (liquid expressed from grated meat and water)

Report Date: May 29, 2017 21:24 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 226g	1 tbsp 15g
Proximates				
Water	g	72.88	164.71	10.93
Energy	kcal	197	445	30
Protein	g	2.02	4.57	0.30
Total lipid (fat)	g	21.33	48.21	3.20
Carbohydrate, by difference	g	2.81	6.35	0.42
Minerals				
Calcium, Ca	mg	18	41	3
Iron, Fe	mg	3.30	7.46	0.49
Magnesium, Mg	mg	46	104	7
Phosphorus, P	mg	96	217	14
Potassium, K	mg	220	497	33
Sodium, Na	mg	13	29	2
Zinc, Zn	mg	0.56	1.27	0.08
Vitamins				
Vitamin C, total ascorbic acid	mg	1.0	2.3	0.1
Thiamin	mg	0.022	0.050	0.003
Riboflavin	mg	0.000	0.000	0.000
Niacin	mg	0.637	1.440	0.096
Vitamin B-6	mg	0.028	0.063	0.004
Folate, DFE	µg	14	32	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 D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Lipids				

Nutrient	Unit	1 Value Per100 g	1 cup 226g	1 tbsp 15g
Fatty acids, total saturated	g	18.915	42.748	2.837
Fatty acids, total monounsaturated	g	0.907	2.050	0.136
Fatty acids, total polyunsaturated	g	0.233	0.527	0.035
Cholesterol	mg	0	0	0
Amino Acids				
Other				