

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

Report Date: August 21, 2017 04:34 EDT

Nutrient values and weights are for edible portion.

Food Group : Nut and Seed Products

Carbohydrate Factor: 4.07 Fat Factor: 8.37 Protein Factor:3.47 Nitrogen to Protein Conversion Factor:5.3

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 226g	1 tbsp 15g
Proximates						
Water	g	72.88	3	8.667	164.71	10.93
Energy	kcal	197	--	--	445	30
Energy	kJ	824	--	--	1862	124
Protein	g	2.02	3	0.785	4.57	0.30
Total lipid (fat)	g	21.33	3	8.350	48.21	3.20
Ash	g	0.97	1	--	2.19	0.15
Carbohydrate, by difference	g	2.81	--	--	6.35	0.42
Minerals						
Calcium, Ca	mg	18	1	--	41	3
Iron, Fe	mg	3.30	1	--	7.46	0.49
Magnesium, Mg	mg	46	1	--	104	7
Phosphorus, P	mg	96	1	--	217	14
Potassium, K	mg	220	--	--	497	33
Sodium, Na	mg	13	--	--	29	2
Zinc, Zn	mg	0.56	--	--	1.27	0.08
Copper, Cu	mg	0.223	--	--	0.504	0.033
Manganese, Mn	mg	0.768	--	--	1.736	0.115
Vitamins						
Vitamin C, total ascorbic acid	mg	1.0	1	--	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

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 226g	1 tbsp 15g
Pantothenic acid	mg	0.153	--	--	0.346	0.023
Vitamin B-6	mg	0.028	--	--	0.063	0.004
Folate, total	µg	14	--	--	32	2
Folic acid	µg	0	--	--	0	0
Folate, food	µg	14	--	--	32	2
Folate, DFE	µg	14	--	--	32	2
Choline, total ¹	mg	8.5	--	--	19.2	1.3
Betaine ¹	mg	0.0	1	--	0.0	0.0
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	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						
Fatty acids, total saturated	g	18.915	--	--	42.748	2.837
6:0	g	0.121	--	--	0.273	0.018
8:0	g	1.494	--	--	3.376	0.224
10:0	g	1.187	--	--	2.683	0.178
12:0	g	9.463	--	--	21.386	1.419
14:0	g	3.736	--	--	8.443	0.560
16:0	g	1.808	--	--	4.086	0.271
18:0	g	1.104	--	--	2.495	0.166
Fatty acids, total monounsaturated	g	0.907	--	--	2.050	0.136
18:1 undifferentiated	g	0.907	--	--	2.050	0.136
Fatty acids, total polyunsaturated	g	0.233	--	--	0.527	0.035
18:2 undifferentiated	g	0.233	--	--	0.527	0.035
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan	g	0.024	--	--	0.054	0.004
Threonine	g	0.074	--	--	0.167	0.011
Isoleucine	g	0.079	--	--	0.179	0.012
Leucine	g	0.150	--	--	0.339	0.022

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 226g	1 tbsp 15g
Lysine	g	0.089	--	--	0.201	0.013
Methionine	g	0.038	--	--	0.086	0.006
Cystine	g	0.040	--	--	0.090	0.006
Phenylalanine	g	0.102	--	--	0.231	0.015
Tyrosine	g	0.062	--	--	0.140	0.009
Valine	g	0.122	--	--	0.276	0.018
Arginine	g	0.331	--	--	0.748	0.050
Histidine	g	0.046	--	--	0.104	0.007
Alanine	g	0.103	--	--	0.233	0.015
Aspartic acid	g	0.197	--	--	0.445	0.030
Glutamic acid	g	0.462	--	--	1.044	0.069
Glycine	g	0.096	--	--	0.217	0.014
Proline	g	0.083	--	--	0.188	0.012
Serine	g	0.104	--	--	0.235	0.016

Other

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP, 2003 Beltsville MD