

Full Report (All Nutrients) 04047, Oil, coconut

Report Date: July 17, 2019 23:13 EDT

Nutrient values and weights are for edible portion.

Food Group : Fats and Oils

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 13.6g	1 cup 218g	1 tsp 4.5g
Proximates							
Water 1	g	0.03	6	0.010	0.00	0.07	0.00
Energy	kcal	892	--	--	121	1945	40
Energy	kJ	3730	--	--	507	8131	168
Protein 1	g	0.00	6	0.000	0.00	0.00	0.00
Total lipid (fat) 1	g	99.06	6	0.110	13.47	215.95	4.46
Ash 1	g	0.03	6	0.004	0.00	0.07	0.00
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0
Sugars, total	g	0.00	--	--	0.00	0.00	0.00
Minerals							
Calcium, Ca 1	mg	1	4	0.000	0	2	0
Iron, Fe 1	mg	0.05	4	0.010	0.01	0.11	0.00
Magnesium, Mg 1	mg	0	4	0.000	0	0	0
Phosphorus, P 1	mg	0	4	0.000	0	0	0
Potassium, K 1	mg	0	4	0.000	0	0	0
Sodium, Na 1	mg	0	4	0.000	0	0	0
Zinc, Zn 1	mg	0.02	4	0.002	0.00	0.04	0.00
Copper, Cu 1	mg	0.000	4	0.000	0.000	0.000	0.000
Manganese, Mn 1	mg	0.000	4	0.000	0.000	0.000	0.000
Selenium, Se	µg	0.0	--	--	0.0	0.0	0.0
Vitamins							
Vitamin C, total ascorbic acid	mg	0.0	1	--	0.0	0.0	0.0
Thiamin	mg	0.000	1	--	0.000	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 13.6g	1 cup 218g	1 tsp 4.5g
Riboflavin	mg	0.000	1	--	0.000	0.000	0.000
Niacin	mg	0.000	1	--	0.000	0.000	0.000
Pantothenic acid	mg	0.000	1	--	0.000	0.000	0.000
Vitamin B-6	mg	0.000	1	--	0.000	0.000	0.000
Folate, total	µg	0	1	--	0	0	0
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	0	1	--	0	0	0
Folate, DFE	µg	0	--	--	0	0	0
Choline, total	mg	0.3	--	--	0.0	0.7	0.0
Vitamin B-12	µg	0.00	1	--	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0	0
Retinol	µg	0	--	--	0	0	0
Carotene, beta 2	µg	0	1	--	0	0	0
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	0	--	--	0	0	0
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol) 1	mg	0.11	3	0.060	0.01	0.24	0.00
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Tocopherol, beta 1	mg	0.60	3	0.050	0.08	1.31	0.03
Tocopherol, gamma 1	mg	0.00	3	0.000	0.00	0.00	0.00
Tocopherol, delta 1	mg	0.18	3	0.050	0.02	0.39	0.01
Tocotrienol, alpha 1	mg	2.17	3	0.220	0.30	4.73	0.10
Tocotrienol, beta 1	mg	0.13	3	0.020	0.02	0.28	0.01
Tocotrienol, gamma 1	mg	0.36	3	0.090	0.05	0.78	0.02
Tocotrienol, delta 1	mg	0.25	3	0.070	0.03	0.55	0.01
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0
Vitamin K (phylloquinone) 1	µg	0.6	1	--	0.1	1.3	0.0
Lipids							
Fatty acids, total saturated	g	82.475	--	--	11.217	179.796	3.711

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 13.6g	1 cup 218g	1 tsp 4.5g
4:0 1	g	0.009	6	0.006	0.001	0.020	0.000
6:0 1	g	0.477	6	0.059	0.065	1.040	0.021
8:0 1	g	6.802	6	0.097	0.925	14.828	0.306
10:0 1	g	5.390	6	0.042	0.733	11.750	0.243
12:0 1	g	41.840	6	0.232	5.690	91.211	1.883
14:0 1	g	16.653	6	0.099	2.265	36.304	0.749
15:0 1	g	0.015	6	0.001	0.002	0.033	0.001
16:0 1	g	8.636	6	0.159	1.174	18.826	0.389
17:0 1	g	0.009	6	0.001	0.001	0.020	0.000
18:0 1	g	2.516	6	0.023	0.342	5.485	0.113
20:0 1	g	0.076	6	0.003	0.010	0.166	0.003
22:0 1	g	0.019	6	0.001	0.003	0.041	0.001
24:0 1	g	0.031	6	0.001	0.004	0.068	0.001
Fatty acids, total monounsaturated	g	6.332	--	--	0.861	13.804	0.285
14:1 1	g	0.000	6	0.000	0.000	0.000	0.000
15:1 1	g	0.000	6	0.000	0.000	0.000	0.000
16:1 undifferentiated 1	g	0.016	6	0.001	0.002	0.035	0.001
16:1 c 1	g	0.016	6	0.001	0.002	0.035	0.001
16:1 t 1	g	0.000	6	0.000	0.000	0.000	0.000
17:1 1	g	0.000	6	0.000	0.000	0.000	0.000
18:1 undifferentiated 1	g	6.274	6	0.168	0.853	13.677	0.282
18:1 c 1	g	6.253	6	0.171	0.850	13.632	0.281
18:1 t 1	g	0.021	6	0.011	0.003	0.046	0.001
20:1 1	g	0.041	6	0.002	0.006	0.089	0.002
22:1 undifferentiated 1	g	0.000	6	0.000	0.000	0.000	0.000
22:1 c 1	g	0.000	6	0.000	0.000	0.000	0.000
22:1 t 1	g	0.000	6	0.000	0.000	0.000	0.000
24:1 c 1	g	0.000	6	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	1.702	--	--	0.231	3.710	0.077
18:2 undifferentiated 1	g	1.683	6	0.073	0.229	3.669	0.076
18:2 n-6 c,c 1	g	1.676	6	0.072	0.228	3.654	0.075
18:2 CLAs 1	g	0.000	6	0.000	0.000	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 13.6g	1 cup 218g	1 tsp 4.5g
18:2 t not further defined 1	g	0.007	6	0.002	0.001	0.015	0.000
18:3 undifferentiated 1	g	0.019	6	0.005	0.003	0.041	0.001
18:3 n-3 c,c,c (ALA) 1	g	0.019	6	0.005	0.003	0.041	0.001
18:3 n-6 c,c,c 1	g	0.000	6	0.000	0.000	0.000	0.000
18:3i 1	g	0.000	6	0.000	0.000	0.000	0.000
18:4 1	g	0.000	6	0.000	0.000	0.000	0.000
20:2 n-6 c,c 1	g	0.000	6	0.000	0.000	0.000	0.000
20:3 undifferentiated 1	g	0.000	6	0.000	0.000	0.000	0.000
20:3 n-6 1	g	0.000	6	0.000	0.000	0.000	0.000
20:4 undifferentiated 1	g	0.000	6	0.000	0.000	0.000	0.000
20:5 n-3 (EPA) 1	g	0.000	6	0.000	0.000	0.000	0.000
22:4 1	g	0.000	6	0.000	0.000	0.000	0.000
22:5 n-3 (DPA) 1	g	0.000	6	0.000	0.000	0.000	0.000
22:6 n-3 (DHA) 1	g	0.000	6	0.000	0.000	0.000	0.000
Fatty acids, total trans	g	0.028	--	--	0.004	0.061	0.001
Fatty acids, total trans-monoenoic	g	0.021	--	--	0.003	0.046	0.001
Cholesterol	mg	0	1	--	0	0	0
Phytosterols	mg	86	19	1.000	12	187	4
Amino Acids							
Tryptophan	g	0.000	--	--	0.000	0.000	0.000
Threonine	g	0.000	--	--	0.000	0.000	0.000
Isoleucine	g	0.000	--	--	0.000	0.000	0.000
Leucine	g	0.000	--	--	0.000	0.000	0.000
Lysine	g	0.000	--	--	0.000	0.000	0.000
Methionine	g	0.000	--	--	0.000	0.000	0.000
Cystine	g	0.000	--	--	0.000	0.000	0.000
Phenylalanine	g	0.000	--	--	0.000	0.000	0.000
Tyrosine	g	0.000	--	--	0.000	0.000	0.000
Valine	g	0.000	--	--	0.000	0.000	0.000
Arginine	g	0.000	--	--	0.000	0.000	0.000
Histidine	g	0.000	--	--	0.000	0.000	0.000
Alanine	g	0.000	--	--	0.000	0.000	0.000
Aspartic acid	g	0.000	--	--	0.000	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 13.6g	1 cup 218g	1 tsp 4.5g
Glutamic acid	g	0.000	--	--	0.000	0.000	0.000
Glycine	g	0.000	--	--	0.000	0.000	0.000
Proline	g	0.000	--	--	0.000	0.000	0.000
Serine	g	0.000	--	--	0.000	0.000	0.000
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 18d, 2014 Beltsville MD

²M. Heinonen, V. Ollilainen, E. Perttivaro, P. Koivistoinen Carotenoids and retinoids in Finnish Foods: Dietary Fats, 1988 J. Food Composition and Analysis 1 pp.334-340