



COCONUT MEAT NUTRITION FACTS

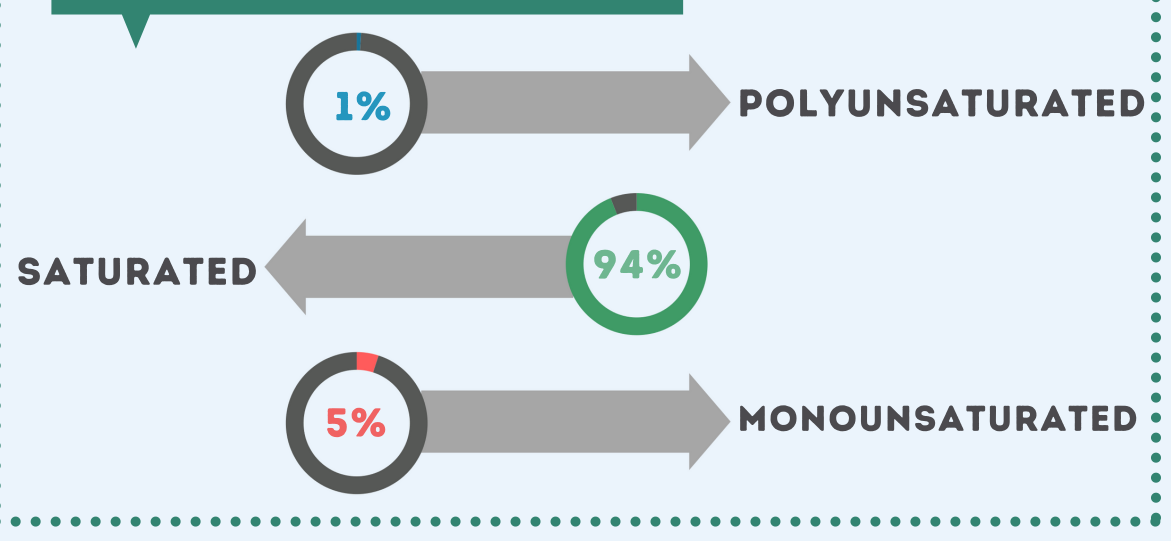


CALORIES 354/100GM

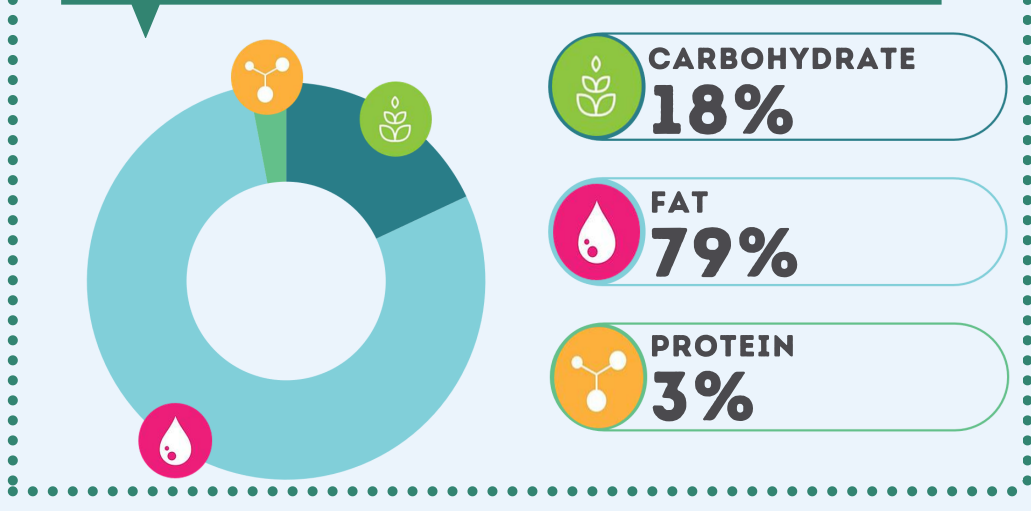
	AMOUNT		AMOUNT
CARBOHYDRATE	15.23 G	NIACIN	0.540 MG
FAT	33.49 G	VITAMIN A	0.00
PROTEIN	3.33 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.054 MG
FIBER	9.0 G	VITAMIN C	3.3 MG
RIBOFLAVIN	0.020 MG	VITAMIN D	0.00
SODIUM, NA	20 MG	FOLATE	26 MCG
THIAMIN	0.066 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



COCONUT MEAT OTHER NAMES

COCOS NUCIFERA
COPRA

MINERALS IN COCONUT MEAT

14 MG	CALCIUM, CA	1 % (DV)
0.435 MG	COPPER, CU	48 % (DV)
2.43 MG	IRON, FE	14 % (DV)
32 MG	MAGNESIUM, MG	8 % (DV)
10.1 MCG	SELENIUM, SE	18 % (DV)
113 MG	PHOSPHORUS, P	16 % (DV)
356 MG	POTASSIUM, K	8 % (DV)
1.10 MG	ZINC, ZN	10 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.