Coconut

Cocos nucifera

Nutritional Composition

Values per 100 g edible portion.

Nutrient	Amount
Water	3.00 g
Energy	660 kcal
Energy	2761 kJ
Protein (N x 5.3)	6.88 g
Total lipid (fat)	64.53 g
Ash	1.94 g
Carbohydrate, by difference	23.65 g
Fiber, total dietary	16.3 g
Sugars, total	7.35 g
Calcium, Ca	26 mg
Iron, Fe	3.32 mg
Magnesium, Mg	90 mg
Phosphorus, P	206 mg
Potassium, K	543 mg
Sodium, Na	37 mg
Zinc, Zn	2.01 mg
Copper, Cu	0.796 mg
Manganese, Mn	2.745 mg
Selenium, Se	18.5 µg
Vitamin C, total ascorbic acid	1.5 mg
Thiamin	0.060 mg
Riboflavin	0.100 mg
Niacin	0.603 mg
Pantothenic acid	0.800 mg
Vitamin B-6	0.300 mg

Nutrient	Amount
Folate, total	9 µg
Folate, DFE	9 µg
Choline, total	22.1 mg
Vitamin B-12	0.00 µg
Vitamin A, RAE	0 µg
Vitamin A, IU	0 IU
Vitamin E (alpha-tocopherol)	0.44 mg
Vitamin D (D2 + D3)	0.0 µg
Vitamin D	0 IU
Vitamin K (phylloquinone)	0.3 µg
Fatty acids, total saturated	57.218 g
Fatty acids, total monounsaturated	2.745 g
Fatty acids, total polyunsaturated	0.706 g
Cholesterol	0 mg

Source: USDA National Nutrient Database for Standard Reference, Release 28 (2015), Basic Report 12108, “Nuts, coconut meat, dried (desiccated), not sweetened.” Nutrient values per 100 g edible portion; refuse 0%.

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