



**Food ID:** C006

**Food name and Description:** Coconut meat, mature

**Scientific name:** *Cocos nucifera*

**Alternate/Common name(s):** Niyog, magulang

**Edible portion:** 56%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	51.9
Energy, calculated (kcal)	319
Protein (g)	3.9
Total Fat (g)	26.1
Carbohydrate, total (g)	17.2
Ash, total (g)	0.9

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	8.2
Sugars, total (g)	5.7

## **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	32
Phosphorus, P (mg)	96
Iron, Fe (mg)	1.5
Sodium, Na (mg)	18

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	3

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	23.14
Fatty acids, monounsaturated, total (g)	1.11
Fatty acids, polyunsaturated, total(g)	0.29
Cholesterol (mg)	0