



Food ID: C009

Food name and Description: Coconut sport

Scientific name: *Cocos nucifera*

Alternate/Common name(s): Makapuno

Edible portion: 74%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	64.8
Energy, calculated (kcal)	226
Protein (g)	2.4
Total Fat (g)	17.6
Carbohydrate, total (g)	14.5
Ash, total (g)	0.7

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.1
Sugars, total (g)	10.9

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	58
Phosphorus, P (mg)	59
Iron, Fe (mg)	1.4
Sodium, Na (mg)	38

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)	0.02
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	8

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	15.37
Fatty acids, monounsaturated, total (g)	0.94
Fatty acids, polyunsaturated, total(g)	0
Cholesterol (mg)	0