



Food ID: C052

Food name and Description: Coconut chip, toasted, sweetn

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	0.7
Energy, calculated (kcal)	580
Protein (g)	4.2
Total Fat (g)	37.5
Carbohydrate, total (g)	56.5
Ash, total (g)	1.1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	5.1
Sugars, total (g)	49

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	194
Phosphorus, P (mg)	97
Iron, Fe (mg)	2.5
Sodium, Na (mg)	298

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)	0.01
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	33.25
Fatty acids, monounsaturated, total (g)	1.6
Fatty acids, polyunsaturated, total(g)	0.41
Cholesterol (mg)	0