

Republic of the Philippines
Department of Science and Technology
FOOD AND NUTRITION RESEARCH INSTITUTE
General Santos Avenue, Bicutan, Taguig City, Philippines



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

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 07/20/2025 11:37:19