



**Food ID:** C053

**Food name and Description:** Coconut, cream curd

**Scientific name:**

**Alternate/Common name(s):** Latik

**Edible portion:** 100%

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

|                           |      |
|---------------------------|------|
| Water (g)                 | 5.5  |
| Energy, calculated (kcal) | 620  |
| Protein (g)               | 13.2 |
| Total Fat (g)             | 52   |
| Carbohydrate, total (g)   | 24.8 |
| Ash, total (g)            | 4.5  |

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

|                          |     |
|--------------------------|-----|
| Fiber, total dietary (g) | 4.5 |
| Sugars, total (g)        | 0.9 |

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

|                    |     |
|--------------------|-----|
| Calcium, Ca (mg)   | 299 |
| Phosphorus, P (mg) | 344 |
| Iron, Fe (mg)      | 3.4 |
| Sodium, Na (mg)    | 39  |

## **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)           | 0.1  |
| Niacin (mg)                           | 2.3  |
| Ascorbic Acid, Vitamin C (mg)         | 0    |

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

|   |   |
|---|---|
| Fatty acids, saturated, total (g)       | - |
| Fatty acids, monounsaturated, total (g) | - |
| Fatty acids, polyunsaturated, total(g)  | - |
| Cholesterol (mg)                        | 0 |