



Food ID: D057

Food name and Description: Coconut, heart of palm

Scientific name: *Cocos nucifera*

Alternate/Common name(s): Niyog ubod

Edible portion: 34%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	87.8
Energy, calculated (kcal)	47
Protein (g)	4.3
Total Fat (g)	0.8
Carbohydrate, total (g)	5.7
Ash, total (g)	1.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.6
Sugars, total (g)	-

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	38
Phosphorus, P (mg)	60
Iron, Fe (mg)	0.2
Sodium, Na (mg)	4

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)	0.05
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	1.4
Ascorbic Acid, Vitamin C (mg)	16

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.18
Fatty acids, monounsaturated, total (g)	0.02
Fatty acids, polyunsaturated, total(g)	0.36
Cholesterol (mg)	0