



Food ID: M035

Food name and Description: Nata de coco, sweetn

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	63.7
Energy, calculated (kcal)	146
Protein (g)	0
Total Fat (g)	0.2
Carbohydrate, total (g)	36.1
Ash, total (g)	0

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.8
Sugars, total (g)	33.5

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	12
Phosphorus, P (mg)	2
Iron, Fe (mg)	0.5
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
Riboflavin, Vitamin B2 (mg)	0
Niacin (mg)	0
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

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