



Food ID: M051

Food name and Description: Sugar, coconut sap

Scientific name: N/A

Alternate/Common name(s): Coco sugar

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	1.7
Energy, calculated (kcal)	385
Protein (g)	1.2
Total Fat (g)	0.1
Carbohydrate, total (g)	94.8
Ash, total (g)	2.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	94.1

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	8
Phosphorus, P (mg)	0
Iron, Fe (mg)	0.6
Potassium, K (mg)	1075
Sodium, Na (mg)	112
Zinc, Zn (mg)	0.1

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)	0.37
Niacin (mg)	0.5
Ascorbic Acid, Vitamin C (mg)	44

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