

**Food ID:** M052**Food name and Description:** Syrup, coconut sap**Scientific name:** N/A**Alternate/Common name(s):** Coco syrup**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	18.1
Energy, calculated (kcal)	321
Protein (g)	1
Total Fat (g)	0.1
Carbohydrate, total (g)	79.1
Ash, total (g)	1.7

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.6
Sugars, total (g)	67.6

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	2
Phosphorus, P (mg)	0
Iron, Fe (mg)	0.4
Potassium, K (mg)	632
Sodium, Na (mg)	126
Zinc, Zn (mg)	0.2

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)	0.31
Niacin (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	30

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Caproic, C6 (g)	0

Caprylic, C8 (g)	0
Capric, C10 (g)	0
Lauric, C12 (g)	0
Myristic, C14 (g)	0
Palmitic, C16 (g)	0
Stearic, C18 (g)	0
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	-
Oleic , C18:1 (g)	0
Fatty acids, polyunsaturated, total(g)	-
Linoleic, C18:2 (g)	0
Linolenic, C18:3 (g)	0
Cholesterol (mg)	0