



Food ID: M015

Food name and Description: Coconut meat, grated, sweetn

Scientific name:

Alternate/Common name(s): Bukayo

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	1.6
Energy, calculated (kcal)	399
Protein (g)	2.2
Total Fat (g)	2.1
Carbohydrate, total (g)	92.8
Ash, total (g)	1.3

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	5.1
Sugars, total (g)	48.6

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	73
Phosphorus, P (mg)	56
Iron, Fe (mg)	1
Sodium, Na (mg)	295

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)	0.04
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	0.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.86
Fatty acids, monounsaturated, total (g)	0.09
Fatty acids, polyunsaturated, total(g)	0.02
Cholesterol (mg)	0