



Nuts, coconut meat, raw

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FOOD SUMMARY

Nutrition Facts

Serving Size 100 grams

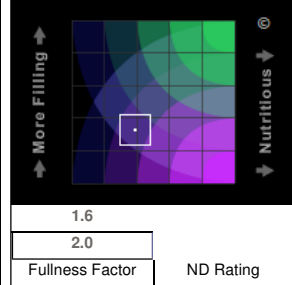
Amount Per Serving		
Calories	354	Calories from Fat 280
		% Daily Value*
Total Fat	33g	52%
Saturated Fat	30g	148%
Trans Fat		
Cholesterol	0mg	0%
Sodium	20mg	1%
Total Carbohydrate	15g	5%
Dietary Fiber	9g	36%
Sugars	6g	
Protein	3g	
Vitamin A	0%	Vitamin C 5%
Calcium	1%	Iron 13%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

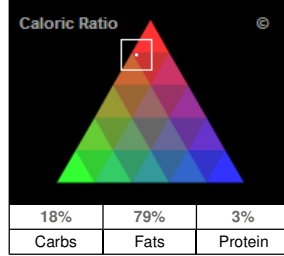
NutritionData.com

[Download Printable Label Image](#)

Nutritional Target Map



Caloric Ratio Pyramid



NutritionData's Opinion

2

-281
strongly inflammatory

Weight loss:

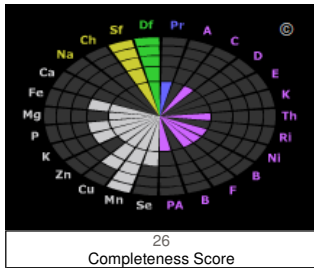
Optimum health:

Weight gain:

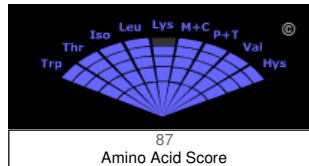
The good: This food is very low in Cholesterol and Sodium. It is also a very good source of Manganese.

The bad: This food is very high in Saturated Fat.

NUTRIENT BALANCE



PROTEIN QUALITY



Adding other foods with complementary amino acid profiles to this food may yield a more complete protein source and improve the quality of some types of restrictive diets.

[Find foods with complementary profile](#)

NUTRITION INFORMATION

Amounts per 100 grams

Calorie Information

Amounts Per Selected Serving		%DV
Calories	354 (1482 kJ)	18%
From Carbohydrate	62.2 (260 kJ)	
From Fat	280 (1172 kJ)	
From Protein	11.6 (48.6 kJ)	
From Alcohol	0.0 (0.0 kJ)	

Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	3.3 g	7%
Tryptophan	39.0 mg	
Threonine	121 mg	
Isoleucine	131 mg	
Leucine	247 mg	
Lysine	147 mg	
Methionine	62.0 mg	
Cystine	66.0 mg	
Phenylalanine	169 mg	
Tyrosine	103 mg	
Valine	202 mg	
Arginine	546 mg	
Histidine	77.0 mg	
Alanine	170 mg	
Aspartic acid	325 mg	
Glutamic acid	761 mg	
Glycine	158 mg	
Proline	138 mg	

Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	15.2 g	5%
Dietary Fiber	9.0 g	36%
Starch	0.0 g	
Sugars	6.2 g	
Sucrose	~	
Glucose	~	

Fructose	~
Lactose	~
Maltose	~
Galactose	~

Collapse ▲

Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	33.5 g	52%
Saturated Fat	29.7 g	148%
4:00	0.0 mg	
6:00	191 mg	
8:00	2346 mg	
10:00	1864 mg	
12:00	14857 mg	
13:00	~	
14:00	5866 mg	
15:00	~	
16:00	2839 mg	
17:00	~	
18:00	1734 mg	
19:00	~	
20:00	~	
22:00	~	
24:00:00	~	
Monounsaturated Fat	1.4 g	
14:01	~	
15:01	~	
16:1 undifferentiated	0.0 mg	
16:1 c	~	
16:1 t	~	
17:01	~	
18:1 undifferentiated	1425 mg	
18:1 c	~	
18:1 t	~	
20:01	0.0 mg	
22:1 undifferentiated	0.0 mg	
22:1 c	~	
22:1 t	~	
24:1 c	~	
Polyunsaturated Fat	0.4 g	
16:2 undifferentiated	~	
18:2 undifferentiated	366 mg	
18:2 n-6 c,c	~	
18:2 c,t	~	
18:2 t,c	~	
18:2 t,t	~	
18:2 i	~	
18:2 t not further defined	~	
18:03	0.0 mg	
18:3 n-3, c,c,c	~	
18:3 n-6, c,c,c	~	
18:4 undifferentiated	0.0 mg	
20:2 n-6 c,c	~	
20:3 undifferentiated	~	
20:3 n-3	~	
20:3 n-6	~	
20:4 undifferentiated	0.0 mg	
20:4 n-3	~	
20:4 n-6	~	
20:5 n-3	0.0 mg	
22:02	~	
22:5 n-3	0.0 mg	
22:6 n-3	0.0 mg	
Total trans fatty acids	~	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	~	
Total Omega-6 fatty acids	366 mg	

[Learn more about these fatty acids and their equivalent names](#)

Collapse ▲

Serine	172 mg
Hydroxyproline	~

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Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	0.0 IU	0%
Retinol	0.0 mcg	
Retinol Activity Equivalent	0.0 mcg	
Alpha Carotene	0.0 mcg	
Beta Carotene	0.0 mcg	
Beta Cryptoxanthin	0.0 mcg	
Lycopene	0.0 mcg	
Lutein+Zeaxanthin	0.0 mcg	
Vitamin C	3.3 mg	5%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	0.2 mg	1%
Beta Tocopherol	0.0 mg	
Gamma Tocopherol	0.5 mg	
Delta Tocopherol	0.0 mg	
Vitamin K	0.2 mcg	0%
Thiamin	0.1 mg	4%
Riboflavin	0.0 mg	1%
Niacin	0.5 mg	3%
Vitamin B6	0.1 mg	3%
Folate	26.0 mcg	6%
Food Folate	26.0 mcg	
Folic Acid	0.0 mcg	
Dietary Folate Equivalents	26.0 mcg	
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.3 mg	3%
Choline	12.1 mg	
Betaine	~	

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Minerals

Amounts Per Selected Serving		%DV
Calcium	14.0 mg	1%
Iron	2.4 mg	13%
Magnesium	32.0 mg	8%
Phosphorus	113 mg	11%
Potassium	356 mg	10%
Sodium	20.0 mg	1%
Zinc	1.1 mg	7%
Copper	0.4 mg	22%
Manganese	1.5 mg	75%
Selenium	10.1 mcg	14%
Fluoride	~	

Sterols

Amounts Per Selected Serving		%DV
Cholesterol	0.0 mg	0%
Phytosterols	47.0 mg	
Campesterol	~	
Stigmasterol	~	
Beta-sitosterol	~	

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Other

Amounts Per Selected Serving		%DV
Alcohol	0.0 g	
Water	47.0 g	
Ash	1.0 g	
Caffeine	0.0 mg	
Theobromine	0.0 mg	

Footnotes for Nuts, coconut meat, raw

Source: Nutrient data for this listing was provided by USDA SR-21. Each "~" indicates a missing or incomplete value.

Percent Daily Values (%DV) are for adults or children aged 4 or older, and are based on a 2,000 calorie reference diet. Your daily values may be higher or lower based on your individual needs.

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The Amino Acid Score has not been corrected for digestibility, which could reduce its value.

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