

# Nuts, coconut meat, dried (desiccated), not sweetened

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NDB No: 12108 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error
<b>Proximates</b>				
Water	g	3.00	0	
Energy	kcal	660	0	
Energy	kJ	2761	0	
Protein	g	6.88	0	
Total lipid (fat)	g	64.53	0	
Ash	g	1.94	0	
Carbohydrate, by difference	g	23.65	0	
Fiber, total dietary	g	16.3	0	
Sugars, total	g	7.35	0	
<b>Minerals</b>				
Calcium, Ca	mg	26	0	
Iron, Fe	mg	3.32	0	
Magnesium, Mg	mg	90	0	
Phosphorus, P	mg	206	0	
Potassium, K	mg	543	0	
Sodium, Na	mg	37	0	
Zinc, Zn	mg	2.01	0	
Copper, Cu	mg	0.796	0	
Manganese, Mn	mg	2.745	0	
Selenium, Se	mcg	18.5	0	
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	1.5	0	
Thiamin	mg	0.060	0	
Riboflavin	mg	0.100	0	
Niacin	mg	0.603	0	

Pantothenic acid	mg	0.800	0	
Vitamin B-6	mg	0.300	0	
Folate, total	mcg	9	0	
Folic acid	mcg	0	0	
Folate, food	mcg	9	0	
Folate, DFE	mcg_DFE	9	0	
Choline, total	mg	22.1	0	
Vitamin B-12	mcg	0.00	0	
Vitamin B-12, added	mcg	0.00	0	
Vitamin A, RAE	mcg_RAE	0	0	
Retinol	mcg	0	0	
Carotene, beta	mcg	0	0	
Carotene, alpha	mcg	0	0	
Cryptoxanthin, beta	mcg	0	0	
Vitamin A, IU	IU	0	0	
Lycopene	mcg	0	0	
Lutein + zeaxanthin	mcg	0	0	
Vitamin E (alpha-tocopherol)	mg	0.44	0	
Vitamin E, added	mg	0.00	0	
Vitamin D (D2 + D3)	mcg	0.0	0	
Vitamin D	IU	0	0	
Vitamin K (phylloquinone)	mcg	0.3	0	
<b>Lipids</b>				
Fatty acids, total saturated	g	57.218	0	
4:0	g	0.000	0	
6:0	g	0.367	0	
8:0	g	4.520	0	
10:0	g	3.592	0	
12:0	g	28.625	0	
14:0	g	11.302	0	
16:0	g	5.469	0	
18:0	g	3.341	0	
Fatty acids, total monounsaturated	g	2.745	0	

16:1 undifferentiated	g	0.000	0	
18:1 undifferentiated	g	2.745	0	
20:1	g	0.000	0	
22:1 undifferentiated	g	0.000	0	
Fatty acids, total polyunsaturated	g	0.706	0	
18:2 undifferentiated	g	0.706	0	
18:3 undifferentiated	g	0.000	0	
18:4	g	0.000	0	
20:4 undifferentiated	g	0.000	0	
20:5 n-3 (EPA)	g	0.000	0	
22:5 n-3 (DPA)	g	0.000	0	
22:6 n-3 (DHA)	g	0.000	0	
Cholesterol	mg	0	0	
<b>Amino acids</b>				
Tryptophan	g	0.081	0	
Threonine	g	0.251	0	
Isoleucine	g	0.270	0	
Leucine	g	0.511	0	
Lysine	g	0.304	0	
Methionine	g	0.129	0	
Cystine	g	0.136	0	
Phenylalanine	g	0.349	0	
Tyrosine	g	0.213	0	
Valine	g	0.417	0	
Arginine	g	1.130	0	
Histidine	g	0.158	0	
Alanine	g	0.352	0	
Aspartic acid	g	0.673	0	
Glutamic acid	g	1.574	0	
Glycine	g	0.326	0	
Proline	g	0.284	0	
Serine	g	0.356	0	
<b>Other</b>				

Alcohol, ethyl	g	0.0	0	
Caffeine	mg	0	0	
Theobromine	mg	0	0	

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

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