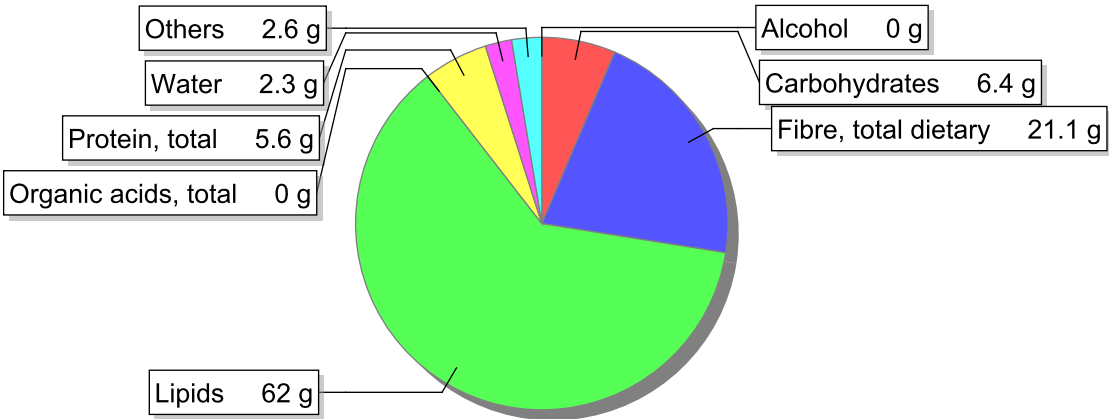


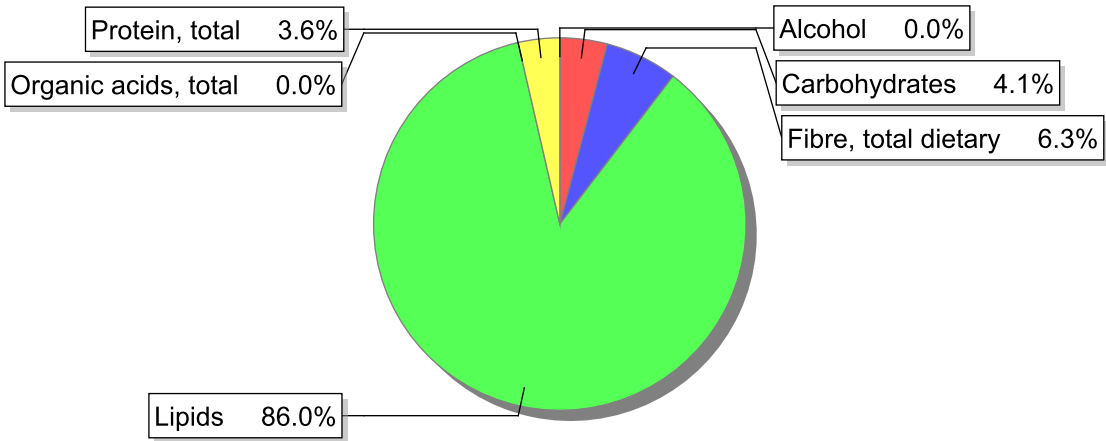
Food

Name: Coconut, desiccated, ground
Group: Fruit
Subgroup: Fat and starchy fruit
Edible Part: 100%
Code: IS643
FoodEX2 Code: A0F0N

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	648	kcal	
energy kJ, total metabolisable	2670	kJ	
fatty acids, total saturated	53.3	g	
fatty acids, total monounsaturated	4.1	g	
fatty acids, total polyunsaturated	1.1	g	
fatty acid 18:2 n-6 cis,cis	1.0	g	
fatty acids, total trans	0	g	
sugars, total	6.4	g	57
sucrose	5.8	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	21.1	g	
protein, total	5.6	g	57
alcohol	0	g	
water	2.3	g	57
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	1.3	mg	
thiamin	0.03	mg	
riboflavin	0.05	mg	
niacin, preformed	0.9	mg	
niacin equivalents, total	2	mg	
niacin equivalents from tryptophan	1.1	mg	
vitamin B-6, total	0.09	mg	
vitamin B-12	0	µg	
vitamin C	0	mg	
folate, total	9	µg	
ash	2.00	g	
sodium	28	mg	57
potassium	660	mg	
calcium	22	mg	57
phosphorus	160	mg	57
magnesium	90	mg	57
iron, total	3.6	mg	57
zinc	0.9	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB