Nutritional Facts

Nutrient Data Laboratory
Look up the nutrient content of 6,200 foods from the USDA database.
http://www.nal.usda.gov/fnic/foodcomp/search/

Coconut meat, raw

Coconut meat, dried (desiccated), not sweetened

Coconut meat, dried (desiccated), sweetened, flaked, packaged

Coconut oil

Coconut milk, canned (liquid expressed from grated meat and water)

Coconut milk, raw (liquid expressed from grated meat and water)

Coconut cream, canned (liquid expressed from grated meat)

Coconut cream, raw (liquid expressed from grated meat)

Coconut water (liquid from coconuts)

Palm Oil

Palm Kernel Oil

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Coconut meat, raw

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Units</th>
<th>Value per 100 grams of edible portion</th>
<th>Number of Data Points</th>
<th>Std. Error</th>
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**Amino acids**

| **Tryptophan**                  | g     | 0.039  | 7 | 0 |
| **Threonine**                   | g     | 0.121  | 26| 0 |
| **Isoleucine**                  | g     | 0.131  | 26| 0 |
| **Leucine**                     | g     | 0.247  | 26| 0 |
| **Lysine**                      | g     | 0.147  | 26| 0 |
| **Methionine**                  | g     | 0.062  | 25| 0 |
| **Cystine**                     | g     | 0.066  | 7 | 0 |
| **Phenylalanine**               | g     | 0.169  | 26| 0 |
| **Tyrosine**                    | g     | 0.103  | 23| 0 |
| **Valine**                      | g     | 0.202  | 26| 0 |
### Arginine
- Units: g
- Value per 100 grams of edible portion: 0.546
- Number of Data Points: 26
- Std. Error: 0

### Histidine
- Units: g
- Value per 100 grams of edible portion: 0.077
- Number of Data Points: 24
- Std. Error: 0

### Alanine
- Units: g
- Value per 100 grams of edible portion: 0.170
- Number of Data Points: 23
- Std. Error: 0

### Aspartic acid
- Units: g
- Value per 100 grams of edible portion: 0.325
- Number of Data Points: 23
- Std. Error: 0

### Glutamic acid
- Units: g
- Value per 100 grams of edible portion: 0.761
- Number of Data Points: 23
- Std. Error: 0

### Glycine
- Units: g
- Value per 100 grams of edible portion: 0.158
- Number of Data Points: 23
- Std. Error: 0

### Proline
- Units: g
- Value per 100 grams of edible portion: 0.138
- Number of Data Points: 23
- Std. Error: 0

### Serine
- Units: g
- Value per 100 grams of edible portion: 0.172
- Number of Data Points: 23
- Std. Error: 0

### Alcohol, ethyl
- Units: g
- Value per 100 grams of edible portion: 0.0
- Number of Data Points: 0
- Std. Error: 0

### Caffeine
- Units: mg
- Value per 100 grams of edible portion: 0
- Number of Data Points: 0
- Std. Error: 0

### Theobromine
- Units: mg
- Value per 100 grams of edible portion: 0
- Number of Data Points: 0
- Std. Error: 0

### Carotene, beta
- Units: mcg
- Value per 100 grams of edible portion: 0
- Number of Data Points: 0
- Std. Error: 0

### Carotene, alpha
- Units: mcg
- Value per 100 grams of edible portion: 0
- Number of Data Points: 0
- Std. Error: 0

### Cryptoxanthin, beta
- Units: mcg
- Value per 100 grams of edible portion: 0
- Number of Data Points: 0
- Std. Error: 0

### Lycopene
- Units: mcg
- Value per 100 grams of edible portion: 0
- Number of Data Points: 0
- Std. Error: 0

### Lutein + zeaxanthin
- Units: mcg
- Value per 100 grams of edible portion: 0
- Number of Data Points: 0
- Std. Error: 0

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### Coconut meat, dried (desiccated), not sweetened

### Proximates

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<th>Nutrient</th>
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<th>Value per 100 grams of edible portion</th>
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<th>Std. Error</th>
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**Amino acids**

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Coconut meat, dried (desiccated), sweetened, flaked, packaged

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### Coconut oil

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**Amino acids**

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**Other**
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Coconut milk, canned (liquid expressed from grated meat and water)

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Coconut milk, raw (liquid expressed from grated meat and water)

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**Amino acids**

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**Coconut cream, canned (liquid expressed from grated meat)**

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**Amino acids**

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<th>Value</th>
<th>Value</th>
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**Other**
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<th>Value per 100 grams of edible portion</th>
<th>Number of Data Points</th>
<th>Std. Error</th>
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**Coconut cream, raw (liquid expressed from grated meat)**

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**Amino acids**

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**Other**

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Coconut water (liquid from coconuts)

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**Lipids**

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**Amino acids**

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**Palm oil**

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**Lipids**

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**Amino acids**

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| Threonine                  | g | 0.000 | 0 | 0 |
| Isoleucine                 | g | 0.000 | 0 | 0 |</p>
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<th>Number of Data Points</th>
<th>Std. Error</th>
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**Palm kernel oil**

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<th>Std. Error</th>
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**Lipids**

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**Amino acids**

<p>| Tryptophan                  | g   | 0.000 | 0  | 0  |
| Threonine                   | g   | 0.000 | 0  | 0  |
| Isoleucine                  | g   | 0.000 | 0  | 0  |
| Leucine                     | g   | 0.000 | 0  | 0  |
| Lysine                      | g   | 0.000 | 0  | 0  |
| Methionine                  | g   | 0.000 | 0  | 0  |
| Cystine                     | g   | 0.000 | 0  | 0  |</p>
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<td>Serine</td>
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