

Nutrition Facts

Serving Size

1 cup, shredded (80.0 g)

Amount Per Serving

Calories 283 Calories from Fat 241

% Daily Value*

Total Fat 26.8g **41%**

Saturated Fat 23.8g **119%**

Polyunsaturated Fat 0.3g

Monounsaturated Fat 1.1g

Cholesterol 0mg **0%**

Sodium 16mg **1%**

Total Carbohydrates 12.2g **4%**

Dietary Fiber 7.2g **29%**

Sugars 5.0g

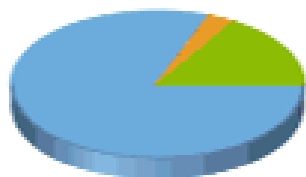
Protein 2.7g

Vitamin A 0% • Vitamin C 4%

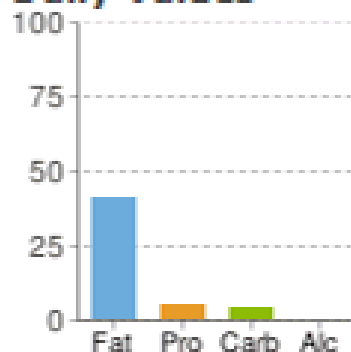
Calcium 1% • Iron 11%

* Based on a [2000 calorie diet](#)

Breakdown



Daily Values



Legend

■ Fat ■ Protein ■ Carbs ■ Alcohol ■ Other

Calories in Coconut Meat

Nutritional Analysis

Good points

- * No [cholesterol](#)
- * Very low in [sodium](#)
- * High in [manganese](#)

Bad points

- * Very high in [saturated fat](#)

Nutrition Grade

?

96% confidence

C+



Nutrition Facts

Serving Size

1 cup (240.0 g)

Amount Per Serving

Calories 46 Calories from Fat 4

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0.4g **2%**

Monounsaturated Fat 0.0g

Cholesterol 0mg **0%**

Sodium 252mg **11%**

Total Carbohydrates 8.9g **3%**

Dietary Fiber 2.6g **11%**

Sugars 6.3g

Protein 1.7g

Vitamin A 0% • Vitamin C 10%

Calcium 6% • Iron 4%

* Based on a [2000 calorie diet](#)

Calories in Coconut Water

(Liquid From Coconuts)

Nutritional Analysis

Good points

- ✘ No [cholesterol](#)
- ✘ High in [calcium](#)
- ✘ Very high in [dietary fiber](#)
- ✘ Very high in [manganese](#)
- ✘ Very high in [magnesium](#)
- ✘ High in [phosphorus](#)
- ✘ Very high in [potassium](#)
- ✘ High in [riboflavin](#)
- ✘ High in [thiamin](#)
- ✘ Very high in [vitamin C](#)

Bad points

- ✘ Very high in [sodium](#)
- ✘ Very high in [sugar](#)

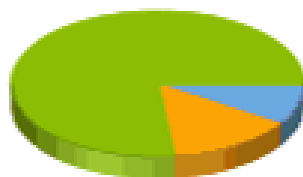
Nutrition Grade

?

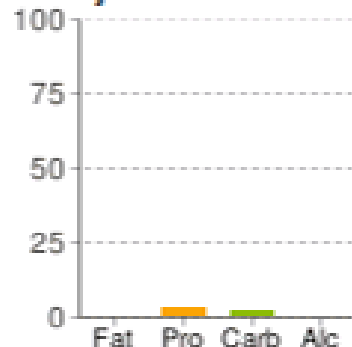
96% confidence

A

Breakdown



Daily Values



Legend

■ Fat ■ Protein ■ Carbs ■ Alcohol ■ Other

