

Nutrition Facts

Coconut

Serving size (100g)

Amount Per Serving

Calories

340

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% Daily Value*

Total Fat 33g 42%

Saturated Fat 30g 150%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 20mg 1%

Total Carbohydrate 15g 5%

Dietary Fiber 9g 32%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 3g 6%

Vitamin D 0mcg 0%

Calcium 13mg 0%

Iron 2.34mg 15%

Potassium 0mg 0%

Vitamin C 4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.