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(Amount per 100G of Ingredients)

**** [CLICK HERE FOR SUGARS ADDED NUTRITIONAL VALUES](#) ******Both Desiccated and Sweetened Coconut are Free from Transfatty Acid**

NUTRIENT	UNIT	DESICCATED	SWEETENED	TOASTED
Calories	Kcal	660	509.6	586.893
Protein	G	7.41	4.114	4.824
Total Carb.	G	29.04	42.351	47.042
Total Fat	G	64.520	38.585	45.244
SFA (total)	G	57.44	34.231	40.117
MUFA (total)	G	3.10	1.641	1.925
PUFA (total)	G	0.706	.422	0.495
Sugar	G	7.35	31.50	32.553
Sodium	MG	12.9	43.0	231.359
Cholesterol	MG	0	0	0
Potassium	MG	618	324.68	380.716
Fiber (crude)	G	3.94	2.356	2.762
Ash	G	1.94	1.82	1.894
Vitamin C	MG	1.50	0.87	1.052
Vitamin D	MG	0	0	0
Thiamin	MG	0.06	0.035	0.042
Riboflavin	MG	0.10	0.06	0.070
Niacin	MG	0.603	0.361	0.423
Calcium	MG	3.92	15.546	18.229
Iron	MG	3.11	1.985	2.328
Vitamin B6	MG	0.3	0.179	0.210
Folic Acid	MCG	9.0	5.381	6.31
Phosphorous	MG	206.0	123.175	144.434
Magnesium	MG	90.0	53.814	63.102
Copper	MG	0.796	0.476	0.558
Pantothenic Acid	MG	0.80	0.478	0.561
Zinc	MG	2.01	1.202	1.409