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NUTRITIONAL
(Amount per 100G of Ingredients)

Both Desiccated and Sweetened Coconut are Free from Transfatty Acid

NUTRIENT	UNIT	DESICCATED	SWEETENED	TOASTED
Calories	Kcal	660.0	509.6	589.66
Protein	G	6.880	4.114	4.531
Total Carb.	G	23.65	42.351	47.236
Total Fat	G	64.520	38.730	46.436
SFA (total)	G	57.218	34.231	41.523
MUFA (total)	G	2.745	1.641	1.992
PUFA (total)	G	0.706	.422	0.512
Sugar	G	X	27.925	7.5
Sodium	MG	37.0	43.0	237
Cholesterol	MG	0	0	0
Potassium	MG	543.0	324	358.47
Fiber (crude)	G	3.94	2.916	3.497
Ash	G	1.94	1.746	1.828
Vitamin C	MG	1.50	0.87	1.04
Thiamin	MG	0.06	0.035	0.042
Riboflavin	MG	0.10	0.058	0.070
Niacin	MG	0.603	0.361	0.421
Calcium	MG	26.0	15.546	17.12
Iron	MG	3.32	1.85	2.213
Vitamin B6	MG	0.3	0.175	0.210
Folic Acid	MCG	9.0	5.24	6.28
Phosphorous	MG	206.0	123.175	135.68
Magnesium	MG	90.0	49.43	59.27
Copper	MG	0.796	0.443	0.530
Pantothenic Acid	MG	0.80	0.466	0.559
Zinc	MG	2.01	1.119	1.339