



1203HALL AVENUE • RIVERSIDE • CALIFORNIA • 92509  
 T: 1(800) 988-OILS (951) 823-8490 • F: (951) 823-8495

## Vegetable oil, coconut

Refuse: 0%

NDB No: 04047 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error	1.00 X 1 tbsp ----- 13.6g
<b>Proximates</b>					
Water	g	0.00	1		0.00
Energy	kcal	862	0		117
Energy	kJ	3607	0		491
Protein	g	0.00	0		0.00
Total lipid (fat)	g	100.00	1		13.60
Ash	g	0.00	1		0.00
Carbohydrate, by difference	g	0.00	0		0.00
Fiber, total dietary	g	0.0	0		0.0
Sugars, total	g	0.00	0		0.00
<b>Minerals</b>					
Calcium, Ca	mg	0	1		0
Iron, Fe	mg	0.04	1		0.01
Magnesium, Mg	mg	0	1		0
Phosphorus, P	mg	0	1		0
Potassium, K	mg	0	1		0
Sodium, Na	mg	0	1		0
Zinc, Zn	mg	0.00	1		0.00
Copper, Cu	mg	0.000	0		0.000
Manganese, Mn	mg	0.000	0		0.000
Selenium, Se	mcg	0.0	0		0.0
<b>Vitamins</b>					

Vitamin C, total ascorbic acid	mg	0.0	1		0.0
Thiamin	mg	0.000	1		0.000
Riboflavin	mg	0.000	1		0.000
Niacin	mg	0.000	1		0.000
Pantothenic acid	mg	0.000	1		0.000
Vitamin B-6	mg	0.000	1		0.000
Folate, total	mcg	0	1		0
Folic acid	mcg	0	0		0
Folate, food	mcg	0	1		0
Folate, DFE	mcg_DFE	0	0		0
Vitamin B-12	mcg	0.00	1		0.00
Vitamin B-12, added	mcg	0.00	0		0.00
Vitamin A, IU	IU	0	0		0
Vitamin A, RAE	mcg_RAE	0	0		0
Retinol	mcg	0	0		0
Vitamin E (alpha-tocopherol)	mg	0.09	1		0.01
Vitamin E, added	mg	0.00	0		0.00
Tocopherol, beta	mg	0.00	1		0.00
Tocopherol, gamma	mg	0.20	1		0.03
Tocopherol, delta	mg	0.00	1		0.00
Vitamin K (phylloquinone)	mcg	0.5	1		0.1
<b>Lipids</b>					
Fatty acids, total saturated	g	86.500	0		11.764
4:0	g	0.000	0		0.000
6:0	g	0.600	19		0.082
8:0	g	7.500	19		1.020
10:0	g	6.000	19		0.816
12:0	g	44.600	19		6.066
14:0	g	16.800	19		2.285
16:0	g	8.200	19		1.115
18:0	g	2.800	19		0.381
Fatty acids, total monounsaturated	g	5.800	0		0.789
16:1 undifferentiated	g	0.000	0		0.000
18:1 undifferentiated	g	5.800	19		0.789
20:1	g	0.000	0		0.000
22:1 undifferentiated	g	0.000	0		0.000
Fatty acids, total polyunsaturated	g	1.800	0		0.245
18:2 undifferentiated	g	1.800	19		0.245
18:3 undifferentiated	g	0.000	0		0.000
18:4	g	0.000	0		0.000

20:4 undifferentiated	g	0.000	0		0.000
20:5 n-3	g	0.000	0		0.000
22:5 n-3	g	0.000	0		0.000
22:6 n-3	g	0.000	0		0.000
Cholesterol	mg	0	1		0
Phytosterols	mg	86	19	1.561	12
<b>Amino acids</b>					
Tryptophan	g	0.000	0		0.000
Threonine	g	0.000	0		0.000
Isoleucine	g	0.000	0		0.000
Leucine	g	0.000	0		0.000
Lysine	g	0.000	0		0.000
Methionine	g	0.000	0		0.000
Cystine	g	0.000	0		0.000
Phenylalanine	g	0.000	0		0.000
Tyrosine	g	0.000	0		0.000
Valine	g	0.000	0		0.000
Arginine	g	0.000	0		0.000
Histidine	g	0.000	0		0.000
Alanine	g	0.000	0		0.000
Aspartic acid	g	0.000	0		0.000
Glutamic acid	g	0.000	0		0.000
Glycine	g	0.000	0		0.000
Proline	g	0.000	0		0.000
Serine	g	0.000	0		0.000
<b>Other</b>					
Alcohol, ethyl	g	0.0	0		0.0
Caffeine	mg	0	0		0
Theobromine	mg	0	0		0
Carotene, beta	mcg	0	1		0
Carotene, alpha	mcg	0	0		0
Cryptoxanthin, beta	mcg	0	0		0
Lycopene	mcg	0	0		0
Lutein + zeaxanthin	mcg	0	0		0

USDA National Nutrient Database for Standard Reference, Release 19 (2006)