

Nuts, coconut water (liquid from coconuts)

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NDB No: 12119 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error
Proximates				
Water	g	94.99	7	0.27
Energy	kcal	19	0	0
Energy	kJ	79	0	0
Protein	g	0.72	4	0.417
Total lipid (fat)	g	0.20	6	0.085
Ash	g	0.39	5	0.082
Carbohydrate, by difference	g	3.71	0	0
Fiber, total dietary	g	1.1	0	0
Sugars, total	g	2.61	0	0
Minerals				
Calcium, Ca	mg	24	4	3.347
Iron, Fe	mg	0.29	3	0.094
Magnesium, Mg	mg	25	1	0
Phosphorus, P	mg	20	3	4.8
Potassium, K	mg	250	1	0
Sodium, Na	mg	105	1	0
Zinc, Zn	mg	0.10	0	0
Copper, Cu	mg	0.040	1	0
Manganese, Mn	mg	0.142	0	0
Selenium, Se	mcg	1.0	0	0
Vitamins				
Vitamin C, total ascorbic acid	mg	2.4	4	0.879
Thiamin	mg	0.030	5	0.022
Riboflavin	mg	0.057	4	0.044
Niacin	mg	0.080	3	0.06
Pantothenic acid	mg	0.043	0	0
Vitamin B-6	mg	0.032	2	0
Folate, total	mcg	3	0	0
Folic acid	mcg	0	0	0
Folate, food	mcg	3	0	0
Folate, DFE	mcg_DFE	3	0	0
Choline, total	mg	1.1	0	0

Vitamin B-12	mcg	0.00	0	0
Vitamin B-12, added	mcg	0.00	0	0
Vitamin A, RAE	mcg_RAE	0	0	0
Retinol	mcg	0	0	0
Carotene, beta	mcg	0	0	0
Carotene, alpha	mcg	0	0	0
Cryptoxanthin, beta	mcg	0	0	0
Vitamin A, IU	IU	0	1	0
Lycopene	mcg	0	0	0
Lutein + zeaxanthin	mcg	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	0	0
Vitamin E, added	mg	0.00	0	0
Vitamin K (phylloquinone)	mcg	0.0	0	0
Lipids				
Fatty acids, total saturated	g	0.176	0	0
4:0	g	0.000	0	0
6:0	g	0.001	0	0
8:0	g	0.014	0	0
10:0	g	0.011	0	0
12:0	g	0.088	0	0
14:0	g	0.035	0	0
16:0	g	0.017	0	0
18:0	g	0.010	0	0
Fatty acids, total monounsaturated	g	0.008	0	0
16:1 undifferentiated	g	0.000	0	0
18:1 undifferentiated	g	0.008	0	0
20:1	g	0.000	0	0
22:1 undifferentiated	g	0.000	0	0
Fatty acids, total polyunsaturated	g	0.002	0	0
18:2 undifferentiated	g	0.002	0	0
18:3 undifferentiated	g	0.000	0	0
18:4	g	0.000	0	0
20:4 undifferentiated	g	0.000	0	0
20:5 n-3	g	0.000	0	0
22:5 n-3	g	0.000	0	0
22:6 n-3	g	0.000	0	0
Cholesterol	mg	0	0	0
Amino acids				
Tryptophan	g	0.008	0	0
Threonine	g	0.026	0	0
.				

	g	0.028	0	0
Leucine	g	0.053	0	0
Lysine	g	0.032	0	0
Methionine	g	0.013	0	0
Cystine	g	0.014	0	0
Phenylalanine	g	0.037	0	0
Tyrosine	g	0.022	0	0
Valine	g	0.044	0	0
Arginine	g	0.118	0	0
Histidine	g	0.017	0	0
Alanine	g	0.037	0	0
Aspartic acid	g	0.070	0	0
Glutamic acid	g	0.165	0	0
Glycine	g	0.034	0	0
Proline	g	0.030	0	0
Serine	g	0.037	0	0
Other				
Alcohol, ethyl	g	0.0	0	0
Caffeine	mg	0	0	0
Theobromine	mg	0	0	0

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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