

Sweetened Coconut Shredded

April 13, 2015

Analysis Weight: 100.00 g (3.53 oz-wt.) = 0.50 Each = 1.08 Cup

USDA Code: 12179

Cost: --

This item has not been modified.

				Food Item	
Basic Components		Vitamin E mg	0.39 mg	18:4-Stearidon	0 g
Calories	501.00	Folate	8.00 mcg	20:3-Eicosatrienoic	0 g
Calories from Fat	319.41	Folate DFE	8.00 mcg	20:4-Arachidon	0 g
Calories from Saturated Fat	283.21	Vitamin K	0.30 mcg	20:5-EPA	0 g
Protein	2.88 g	Pantothenic Acid	0.72 mg	22:5-DPA	0 g
Carbohydrates	47.67 g	Minerals		22:6-DHA	0 g
Dietary Fiber	4.50 g	Boron	-- mcg	Other Fats	
Soluble Fiber	0.36 g	Calcium	15.00 mg	Omega 3 Fatty Acids	0 g
InSoluble Fiber	4.14 g	Chloride	178.90 mg	Omega 6 Fatty Acids	0.39 g
Sugar - Total	43.17 g	Chromium	-- mcg	Amino Acids	
Monosaccharides	-- g	Copper	0.31 mg	Alanine	0.14 g
Galactose	-- g	Fluoride	-- mg	Arginine	0.43 g
Glucose	-- g	Iodine	2.68 mcg	Aspartate	0.26 g
Fructose	-- g	Iron	1.92 mg	Cystine	0.05 g
Disaccharides	-- g	Magnesium	50.00 mg	Glutamate	0.60 g
Lactose	-- g	Manganese	2.48 mg	Glycine	0.13 g
Sucrose	-- g	Molybdenum	-- mcg	Histidine	0.06 g
Maltose	-- g	Phosphorus	107.00 mg	Isoleucine	0.10 g
Other Carbs	0 g	Potassium	337.00 mg	Leucine	0.20 g
Fat - Total	35.49 g	Selenium	16.70 mcg	Lysine	0.12 g
Saturated Fat	31.47 g	Sodium	262.00 mg	Methionine	0.05 g
Mono Fat	1.51 g	Zinc	1.82 mg	Phenylalanine	0.13 g
Poly Fat	0.39 g	Saturated Fats		Proline	0.11 g
Trans Fatty Acids	-- g	4:0-Butyric	0 g	Serine	0.14 g
Cholesterol	0 mg	6:0-Caproic	0.20 g	Threonine	0.10 g
Water	12.55 g	8:0-Caprylic	2.49 g	Tryptophan	0.03 g
Ash	1.42 g	10:0-Capric	1.98 g	Tyrosine	0.08 g
KiloJoules	2096.00	12:0-Lauric	15.74 g	Valine	0.16 g
Vitamins		14:0-Myristic	6.22 g	Other	
Vitamin A IU	0 IU	15:0-Pentadecanoic	0 g	Alcohol	0 g
Vitamin A RAE	0 mcg	16:0-Palmitic	3.01 g	Caffeine	0 mg
Vitamin A RE	0 mcg	17:0-Margaric	0 g	Artif Sweetener - Total	-- mg
A - Carotenoid	0 RE	18:0-Stearic	1.84 g	Aspartame	-- mg
A - Retinol	0 RE	20:0-Arachidic	0 g	Saccharin	-- mg
A - Beta Carotene	0 mcg	22:0-Behenate	0 g	Sugar Alcohol	0 g
Thiamin-B1	0.03 mg	24:0-Lignoceric	0 g	Glycerol	0 g
Riboflavin-B2	0.02 mg	Mono Fats		Inositol	0 g
Niacin-B3	0.47 mg	14:1-Myristol	0 g	Mannitol	0 g
Niacin Equiv.	0.99 mg	15:1-Pentadecenoic	0 g	Sorbitol	0 g
Vitamin-B6	0.27 mg	16:1-Palmitol	0 g	Xylitol	0 g
Vitamin-B12	0 mcg	17:1-Heptadecenoic	0 g	Organic Acids	0 mg
Biotin	-- mcg	18:1-Oleic	1.51 g	Acetic Acid	0 mg
Vitamin C	0.70 mg	20:1-Eicosen	0 g	Citric Acid	0 mg
Vitamin D IU	-- IU	22:1-Erucic	0 g	Lactic Acid	0 mg
Vitamin D mcg	-- mcg	24:1-Nervonic	0 g	Malic Acid	0 mg
Vit E Alpha-Tocopherol	0.39 mg	Poly Fats		Choline	19.30 mg
Vit E-Alpha Equiv.	0.39 mg	18:2-Linoleic	0.39 g	Taurine	-- mg
Vitamin E IU	0.58 IU	18:3-Linolenic	0 g		

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Exchanges

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Bread / Starch:	3.2	Fruit:	--
Other Carbs / Sugar:	--	Vegetables:	--
Very Lean Meat / Protein:	--	Milk - Skim:	--
Lean Meat:	--	Fat:	5.5