

Coconut (Raw)

Serving Size 1 Piece (45.0 g)

Amount Per Serving

Calories 159

% Daily Value*

Total Fat 15.1g 23%

Sodium 9mg 0%

Total Carbohydrates 6.9g 2%

Dietary Fiber 4.0g 16%

Sugars 2.8g

Protein 1.5g

Vitamin A 0% • Vitamin C 2%

Calcium 1% • Iron 6%
