



Juice Concentrates, Purees & Essences Since 1974

Nutritional Information

**Cream of Coconut Frozen - Lopez**

| NUTRIENT                       | UNIT | AMOUNT PER 100 GRAMS | ANALYSIS/ CALCULATION    | METHOD/ COMMENTS                         |
|--------------------------------|------|----------------------|--------------------------|--|
| <b>PROXIMATES</b>              |      |                      |                          |  |
| Energy                         | kcal | 324.00               | Analysis and Calculation | Data from Manufacturer and USDA Database |
| Water                          | g    | 37.2                 | "                        | "  |
| Protein                        | g    | 1.20                 | "                        | "  |
| Total lipid (fat)              | g    | 15.00                | "                        | "  |
| Carbohydrate, by difference    | g    | 46.60                | "                        | "  |
| Fiber, total dietary           | g    | 2.10                 | "                        | "  |
| Sugars, total                  | g    | 46.3                 | "                        | "  |
| Sugars, added                  | g    | 46.3                 | "                        | "  |
| <b>MINERALS</b>                |      |                      |                          |  |
| Calcium, Ca                    | mg   | 8.00                 | "                        | "  |
| Iron, Fe                       | mg   | 0.00                 | "                        | "  |
| Potassium, K                   | mg   | 148.3                | "                        | "  |
| Sodium, Na                     | mg   | 42.00                | "                        | "  |
| <b>VITAMINS</b>                |      |                      |                          |  |
| Vitamin C, total ascorbic acid | mg   | 0.00                 | "                        | "  |
| Vitamin A, RAE                 | µg   | 0.00                 | "                        | "  |
| Vitamin A, IU                  | IU   | 0.00                 | "                        | "  |
| Vitamin D (D2 + D3)            | µg   | 0.00                 | "                        | "  |
| Vitamin D                      | IU   | 0.00                 | "                        | "  |
| <b>LIPIDS</b>                  |      |                      |                          |  |
| Fatty acids, total saturated   | g    | 11.00                | "                        | "  |
| Fatty acids, total trans       | g    | 0.00                 | "                        | "  |
| Cholesterol                    | mg   | 0.00                 | "                        | "  |
| <b>OTHER</b>                   |      |                      |                          |  |



Juice Concentrates, Purees & Essences Since 1974

|          |    |      |   |   |
|----------|----|------|---|---|
| Caffeine | mg | 0.00 | " | " |
| Ash      | g  | 2.44 | " | " |

*For informational purposes only  
Greenwood Associates Inc. cannot guarantee the specific accuracy of the data  
herein.*

