

**Kokosfedt**

Oil, coconut

Svind: 0%

| Indhold pr. 100 g          | Enhed | Indhold | Variation | Antal | Kilde |
|----------------------------|-------|---------|-----------|-------|-------|
| Energi [kcal: 884]         | kJ    | 3700    |           |       | 00050 |
| Protein, total [NCF: 6.25] | g     | 0.0     |           | 0     | 05278 |
| total-N                    | g     | 0.0     |           | 0     | 00050 |
| Fedt, total [FACF: 0.941]  | g     | 100.0   |           | 1     | 05278 |
| mættede fedtsyrer          | g     | 86.5    |           |       | 00050 |
| monoumætt. fedtsyrer       | g     | 5.8     |           |       | 00050 |
| polyumætt. fedtsyrer       | g     | 1.8     |           |       | 00050 |
| Kulhydrat, total           | g     | 0.0     |           | 0     | 05278 |
| kulhydrat, tilgængelig     | g     | 0       |           |       | 00050 |
| tilsat sukker              | g     | 0       |           |       | 00000 |
| kostfibre                  | g     | 0.0     |           | 0     | 05278 |
| Alkohol                    | g     | 0.0     |           | 0     | 05278 |
| Aske                       | g     | 0.0     |           | 1     | 05278 |
| Vand                       | g     | 0.0     |           | 1     | 05278 |
| <hr/>                      |       |         |           |       |       |
| A-vitamin                  | RE    | 0.000   |           |       | 00050 |
| Retinol                    | µg    | 0       |           |       | 00000 |
| β-caroten                  | µg    | 0       |           |       | 00050 |
| D-vitamin                  | µg    | 0       |           |       | 00000 |
| D3 cholecalciferol         | µg    |         |           |       |       |
| D2 ergocalciferol          | µg    |         |           |       |       |
| 25-hydroxycholecalciferol  | µg    |         |           |       |       |
| E-vitamin                  | α-TE  | 0.09    |           | 1     | 05278 |
| alfa-tokoferol             | mg    | 0.09    |           | 1     | 05278 |
| K-vitamin                  | µg    | 10      |           |       | 00822 |
| <hr/>                      |       |         |           |       |       |
| B1-vitamin, thiamin        | mg    | 0.000   |           | 1     | 05278 |
| B2-vitamin, riboflavin     | mg    | 0.000   |           | 1     | 05278 |
| Niacin                     | NE    | 0.000   |           |       | 00050 |
| niacin                     | mg    | 0.000   |           | 1     | 05278 |
| tryptofans bidrag          | mg    | 0.000   |           |       | 00050 |
| B6-vitamin                 | mg    | 0.000   |           | 1     | 05278 |
| Pantothensyre              | mg    | 0.000   |           | 1     | 05278 |
| Biotin                     | µg    |         |           |       |       |
| Folat                      | µg    | 0       |           | 1     | 05278 |
| B12-vitamin                | µg    | 0.00    |           | 1     | 05278 |
| C-vitamin                  | mg    | 0.000   |           |       | 00050 |
| L-ascorbinsyre             | mg    | 0.0     |           | 1     | 05278 |
| L-dehydroascorbins.        | mg    |         |           |       |       |
| <hr/>                      |       |         |           |       |       |
| Natrium, Na                | mg    | 0       |           | 1     | 05278 |
| Kalium, K                  | mg    | 0       |           | 1     | 05278 |
| Calcium, Ca                | mg    | 0       |           | 1     | 05278 |
| Magnesium, Mg              | mg    | 0       |           | 1     | 05278 |
| Phosphor, P                | mg    | 0       |           | 1     | 05278 |
| Jern, Fe                   | mg    | 0.04    |           |       | 05205 |
| Kobber, Cu                 | mg    |         |           |       |       |
| Zink, Zn                   | mg    | 0.00    |           | 1     | 05278 |
| Jod, I                     | µg    | 0       |           |       | 00000 |
| Mangan, Mn                 | mg    |         |           |       |       |
| Chrom, Cr                  | µg    |         |           |       |       |
| Selen, Se                  | µg    | 0       |           |       | 00000 |
| Nikkel, Ni                 | µg    |         |           |       |       |

| <b>Aminosyrer</b> | <b>mg/100g</b> | <b>mg/g N</b> | <b>Kilde</b> |
|-------------------|----------------|---------------|--------------|
| Isoleucin         | 0              | 0             | 00800        |
| Leucin            | 0              | 0             | 00800        |
| Lysin             | 0              | 0             | 00800        |
| Methionin         | 0              | 0             | 00800        |
| Cystin            | 0              | 0             | 00800        |
| Phenylalanin      | 0              | 0             | 00800        |
| Tyrosin           | 0              | 0             | 00800        |
| Threonin          | 0              | 0             | 00800        |
| Tryptofan         | 0              | 0             | 00800        |
| Valin             | 0              | 0             | 00800        |
| Arginin           | 0              | 0             | 00800        |
| Histidin          | 0              | 0             | 00800        |
| Alanin            | 0              | 0             | 00800        |
| Asparaginsyre     | 0              | 0             | 00800        |
| Glutaminsyre      | 0              | 0             | 00800        |
| Glycin            | 0              | 0             | 00800        |
| Prolin            | 0              | 0             | 00800        |
| Serin             | 0              | 0             | 00800        |

| <b>Kulhydrater</b>      | <b>g/100g</b> | <b>Kilde</b> |
|-------------------------|---------------|--------------|
| Fructose                |               |              |
| Glucose                 |               |              |
| Lactose                 |               |              |
| Maltose                 |               |              |
| Saccharose              |               |              |
| Sukkerarter, ialt       | 0             | 00050        |
| Stivelse                | 0             | 00000        |
| Kostfibre, total (AOAC) |               |              |

| <b>Cholesterol</b> | <b>mg/100g</b> | <b>Kilde</b> |
|--------------------|----------------|--------------|
| Cholesterol        | 0              | 05278        |

| <b>Fedtsyrer</b> | <b>g/100g</b> | <b>%</b> | <b>Kilde</b> |
|------------------|---------------|----------|--------------|
| C4:0             | 0.000         |          | 05278        |
| C6:0             | 0.600         | 0.638    | 05278        |
| C8:0             | 7.50          | 7.97     | 05278        |
| C10:0            | 6.00          | 6.38     | 05278        |
| C12:0            | 44.6          | 47.4     | 05278        |
| C14:0            | 16.8          | 17.9     | 05278        |
| C15:0            |               |          |              |
| C16:0            | 8.20          | 8.71     | 05278        |
| C17:0            |               |          |              |
| C18:0            | 2.80          | 2.98     | 05278        |
| C20:0            |               |          |              |
| C22:0            |               |          |              |
| C24:0            |               |          |              |

|             |       |      |       |
|-------------|-------|------|-------|
| C14:1, n-5  |       |      |       |
| C16:1, n-7  | 0.000 |      | 05278 |
| C18:1, n-9  | 5.80  | 6.16 | 05278 |
| C18:1, n-7  |       |      |       |
| C20:1, n-11 | 0.000 |      | 05278 |
| C22:1, n-9  | 0.000 |      | 05278 |
| C22:1, n-11 |       |      |       |
| C24:1, n-9  |       |      |       |
| C18:2, n-6  | 1.80  | 1.91 | 05278 |
| C18:3, n-3  | 0.000 |      | 05278 |
| C18:4, n-3  | 0.000 |      | 05278 |
| C20:4, n-6  | 0.000 |      | 05278 |
| C20:5, n-3  | 0.000 |      | 05278 |
| C22:5, n-3  | 0.000 |      | 05278 |
| C22:6, n-3  | 0.000 |      | 05278 |

#### Andre fedtsyrer

| <b>Fedtsyresummer</b> | <b>g/100g</b> | <b>%</b> | <b>Kilde</b> |
|-----------------------|---------------|----------|--------------|
| Sum mættede           | 86.5          | 91.9     | 00050        |
| Sum monoumættede      | 5.80          | 6.16     | 00050        |
| Sum polyumættede      | 1.80          | 1.91     | 00050        |
| Sum n-3 fedtsyrer     | 0.000         |          | 00050        |
| Sum n-6 fedtsyrer     | 1.80          | 1.91     | 00050        |
| Transfedtsyrer, total | 0             |          | 00000        |