

NO.66 COCONUT OIL	per 100g	per 15g
Energy in kj/kcal	3760/900	564/135
Protein (g)	Nil	Nil
Carbohydrates (g)	Nil	Nil
<i>of which:</i>		
Sugars (g)	Nil	Nil
Fat (g)	100g	15g
<i>of which:</i>		
<i>Saturates (g)</i>		
Caprylic C8	7.4g	1.1g
Capric C10	6.2g	0.9g
Lauric C12	49.3g	7.4g
Myristic C14	18.9g	2.8g
Palmitic C16	8.1g	1.2g
Stearic C18	3.0g	0.5g
Mono Unsaturated - Oleic acid	5.9g	0.9g
Poly Unsaturated - Linoleic acid	1.2g	0.2g
Cholesterol (mg)	Nil	Nil
Trans Fatty acids (g)	Nil	Nil
Fibre (g)	Nil	Nil
Sodium (g)	Nil	Nil