

COCONUT MILK COMPARISON

Nutritional Profiles per 100ml Serving

TYPE	CALORIES	TOTAL FAT	SAT. FAT	CARBS	PROTEIN
Full Fat (Canned)	197 kcal	21g	19g	2.8g	2.0g
Light (Canned)	75 kcal	7g	6g	1.5g	0.5g
Carton (Unsweetened)	20 kcal	2g	1.8g	0.2g	0.1g
Cream of Coconut	330 kcal	24g	22g	30g	1.5g

*Values are approximate based on standard commercial averages. Always check specific brand labels.

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