The understanding of the chemical characteristics of regional food is very important because it creates useful information for nutritional direction of an individual and contributes to agricultural development in a given geographical area. The *Syagrus pseudococos* (Raddi) Glassman - fruit found in the Brazilian states of Bahia, Espirito Santo, Rio de Janeiro, Sao Paulo and in the Atlantic Forest coast, known as Pati, has a fleshy mesocarp, which can be consumed by humans. This fruit is low marketed, being more consumed by the native population, with few references concerning their characteristics and nutritional properties. The present study aimed to evaluate the nutritional value of *Syagrus pseudococos* and its flour, which was prepared from the dehydration of the pulp in a ventilated oven at 60 °C with subsequent grinding. The analyses of moisture, mineral residue, protein, fat and fiber contents were made in quadruplicate. The carbohydrate proportion was determined by the fraction Nifex. The caloric value was calculated by applying values of conversion. Both samples, fruit and the flour, presented a similar protein content about 2.9%, high fat content, 10% and 15%, fiber, 6% and 13%, carbohydrate 43% and 58% respectively, being considered by Brazilian regulation, a fiber-rich and energy food. The mineral fraction was 3.5% and 5.1% for fruit and flour, respectively, and represents a considerable value when compared to other fruits. Additional studies regarding the lipid profile and the minerals of samples should be encouraged in order to enhance the regional agriculture and enabling new health promoting foods.