

Coconut-Desiccated, Sweetened

Nutrition Facts

Serving Size: 100g

Serving per Container:

Amount per Serving

Calories 501 Calories from Fat: 297

% Daily Value *

Total Fat	35 g	55 %
Saturated Fat	31 g	157 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	262 mg	11 %
Total Carbohydrates	48 g	16 %
Dietary Fiber	5 g	18 %
Sugars	43 g	
Protein	3 g	

Vitamin A	0%	Vitamin C	1 %
Calcium	1%	Iron	11 %

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
calorie needs.

		Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g	
Sat Fat	Less than	20 g	25 g	
Cholesterol	Less than	300 mg	300 mg	
Sodium	Less than	2,400 mg	2,400 mg	
Total Carbohydrates		300 g	375 g	
Dietary Fiber		25 g	30 g	

Calories per gram

Fat 9 Carbohydrates 4 Protein 4

Ingredients

Coconut, Sugar, Propylene Glycol,
Starch, Salt and Sodium Metabisulfite

*The values listed above represent data collected from our suppliers and/or the USDA National Database for Standard Reference, Release 19 (2006), to the best of our knowledge, we believe them to be accurate.