

Coconut - Flour

Nutritional Information

Serving Size: 100g

Amount per Serving

Calories 415 Calories from Fat: 91

% Daily Value *

Total Fat 10 g 16 %

Saturated Fat ~ g ~ %

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium ~ mg ~ %

Total Carbohydrates 64 g 21 %

Dietary Fiber ~ g ~ %

Sugars ~ g

Protein 17 g

Vitamin A ~% Vitamin C ~ %

Calcium 2% Iron 27 %

* 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 Flour

~ indicates values that are unknown

*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.