



Nutrition Facts

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Product: Organic Coconut – Desiccated, Toasted
Serving Size: 100 grams
Daily Value Based on 2000 Calorie Diet

Analysis	Nutrients	Daily Value
Calories:	592 Kcal	29.6 %
Total Fat:	47 g	60.2 %
Saturated:	41.6 g	208 %
Polyunsaturated:	0.5 g	
Monounsaturated:	1.9 g	
Trans:	0 g	0 %
Cholesterol:	0 mg	0 %
Sodium:	37 mg	1.6 %
Total Carbohydrate:	44.4 g	16.1 %
Dietary Fiber:	3.5 g	12.5 %
Total Sugar:	7 g	
Includes 0g Added Sugars		
Protein:	5.3 g	10.6 %
Vitamin A:	0 mcg	0 %
Vitamin C:	1.5 mg	1.6 %
Vitamin D:	0 mcg	0 %
Calcium:	27 mg	2 %
Iron:	3.3 mg	18.3 %
Potassium:	554 mg	11.7 %

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