



## Diced Coconut

### Nutrition Facts

Serving Size: 100g

Servings per Container: N/A

**Amount per Serving**

**Calories 530**      **Calories From Fat 310**

**% Daily Value\***

**Total Fat 34g**      **52%**

**Saturated Fat 24g**      **120%**

*Trans Fat* 0g

**Cholesterol 0mg**      **0%**

**Sodium 45mg**      **2%**

**Total Carbohydrate 51g**      **17%**

**Dietary Fiber 6g**      **24%**

**Sugars 44g**

**Protein 4g**

**Vitamin A 0% \*      Vitamin C 0%**

**Calcium 0% \*      Iron 10%**

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

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400 mg
Total Carb.	Less than	300g	375g
Dietary Fibe	Less than	25g	30g

Calories per gram:

Fat 9 \* Carbohydrate 4 \* Protein 4

**Ingredients: Coconut, Cane Sugar,  
Sulfur Dioxide**