

## Coconut Chips, Toasted Sweetened - NF

### Nutrition Facts

Serving Size: 28g (~ 1oz)

(Approx. 16.2 Servings/Pound)

|                           |      | Amount Per Serving |    |
|---------------------------|------|--------------------|----|
| <b>Calories</b>           |      | <b>189</b>         |    |
| Calories From Fat         |      | 153                |    |
|                           |      | %DV                |    |
| <b>Total Fat</b>          | 18g  | 28%                |    |
| Saturated Fat             | 16g  | 80%                |    |
| <b>Cholesterol</b>        | 0g   | 0%                 |    |
| <b>Sodium</b>             | 10mg | 0%                 |    |
| <b>Total Carbohydrate</b> | 7g   | 2%                 |    |
| Dietary Fiber             | 5g   | 20%                |    |
| Sugars                    | 2g   |                    |    |
| <b>Protein</b>            | 2g   |                    |    |
| Vitamin A                 | 0%   | Calcium            | 0% |
| Vitamin C                 | 1%   | Iron               | 5% |

\* Percent Daily Values are based on a 2,000 calories diet.

Your daily value may be higher or lower depending on your calories needs.

|                    | 2,000  | 2,500 |
|--------------------|--------|-------|
| <b>Calories</b>    | 2,000  | 2,500 |
| Total Fat          | 65g    | 80g   |
| Sat Fat            | 20g    | 25g   |
| Cholesterol        | 300mg  | 300g  |
| Sodium             | 2400mg | 2400g |
| Total Carbohydrate | 300g   | 375g  |
| dietary Fiber      | 25g    | 30g   |

Calories per gram

Fat 9 \*      Carbohydrate 4 \*      Protein 4 \*

### Ingredients:

Coconut, sugar, sulphur dioxide (as a preservative)..

may contain pits and/or pit fragments.

Packaged in the same facility as peanuts, tree nuts, soy, and milk products.