



Coconut strips, Sweetened - NF

Nutrition Facts

Serving Size: 50g (~ 1.8oz)

(Approx 9.1 Servings/Pound)

		Amount Per Serving	
Calories			245
Calories From Fat			105
		%DV	
Total Fat	12g		18%
Saturated Fat	11g		55%
Cholesterol	0g		0%
Sodium	17mg		1%
Total Carbohydrate	32g		11%
Dietary Fiber	1g		2%
Sugars	30g		
Protein	2g		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	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
Calories	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, citric acid, sugar, sulphur dioxide (as a preservative)..

may contain pits and/or pit fragments.

Approximately 430 pieces per pound.

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

