



Celebes Coconut Corporation
No. 60, Lapu-lapu Avenue
San Antonio Village, Apas
Cebu City 6000, Philippines
Tel. Nos. (032) 231-2837, 232-5445
Fax No. (032) 231-2831
Email: marketing@celebes.com

DESICCATED COCONUT

Nutrition Facts	
Serving Size : 100 grams	
Amount Per Serving	
Calories 703	Calories from Fat 581
% Daily Value*	
Total Fat 65g	100%
Saturated Fat 57g	285%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 37 mg	2%
Total Carbohydrates 24g	8%
Dietary Fiber 16g	65%
Sugars 7g	
Protein 7g	
Vitamin A 0%	Vitamin C 0%
Calcium 3%	Iron 18%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values maybe higher or lower depending on your calorie needs.	