



Coconut - Macaroon

Nutrition Facts

Serving Size: 2 tbsp

Servings per Container: N/A

Amount per Serving

Calories 180 **Calories From Fat** 45

*% Daily Value**

Total Fat 5g 8%

Saturated Fat 5g 23%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 8g 3%

Dietary Fiber 1g 4%

Sugars 6g

Protein 1g

Vitamin A 0% * **Vitamin C** 0%

Calcium 0% * **Iron** 2%

*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 Fiber	Less than		25g	30g

Calories per gram:

Fat 9 * Carbohydrate 4 * Protein 4

Ingredients: Coconut, Sulfur Dioxide