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## PRODUCT TECHNICAL SPECIFICATION

### Coconut Flour

<b>COUNTRY OF ORIGIN:</b>	Philippines																						
<b>FORMS AVAILABLE:</b>	Organic																						
<b>INGREDIENTS:</b>	Pure pared Coconut meat																						
<b>DESCRIPTION:</b>	By-product of the coconut meat. This coconut flour has a mouthwatering sweet nutty fragrance. A fine, 100% pure flour that allows you to bake high quality, gluten free, low carbohydrate foods. This flour is high in fibre and expands during baking, often increasing in size by up to 50%. Coconut flour is also very low in carbohydrates and low GI (Glycemic Index) which makes it suitable for those who want to watch their weight or are affected by diabetes.																						
<b>APPLICATIONS:</b>	Coconut Flour can be used to make breads, cakes, pies, and other baked goods. Use 35-50% in place of other flours in most standard recipes. A variety of delicious baked goods can also be made using 100% coconut flour. Is gluten-free and hypoallergenic. It is ideal for those who follow a low – carb eating plan. It works well as part of a weight loss program because it’s high fiber content helps provide a feeling of satiety. Is a low – carb flour. It is ideal for baking low – carb breads and baked goods. It has fewer digestible (net) carbs than any other flour, including soy! It even has fewer digestible carbs than most vegetables.																						
<b>CERTIFICATIONS:</b>	Fair Trade, Kosher, Halal, Organic																						
<b>QUALITY VALUES:</b>	<b>Color and Appearance:</b> Cream, very fine particles <b>Flavor and Aroma:</b> Natural fresh coconut flavor with no-off odor. <b>Granulation:</b> using mesh #s 20 & 30 there is ) 0% retention. Using mesh # 80 there is no less than 50% retention.																						
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<b>PACKAGING:</b>	Available in the following packing size: In 20kg bag – 32 bags per pallet (USA & Canada) and 625 bags per 20’ container (other countries)																						
<b>STORAGE &amp; SHELF LIFE:</b>	Store in clean, dry and out of sunlight at ambient tropical temperature 27 <sup>0</sup> to 30 <sup>0</sup> C. Stable up to one (1) year if stored as directed.																						

This product meets the requirements of the Philippine Bureau of Food and Drug and Government legislation as well as USDA & USFDA regulations.



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## NUTRITIONAL DATA FOR Coconut Flour

### One Hundred Gram Report

ANALYSIS	RESULT
MOISTURE	2.8 g
ASH	5.4 g
PROTEIN	17.4 g
FAT	15.1 g
CARBOHYDRATES	59.3 g
CALORIES	442.7
TOTAL SUGAR	6.8 g
SATURATED FAT	14.0 g
CALCIUM	50 mg
IRON	11.8 mg
SODIUM	200 mg
TOTAL DIETARY FIBER	37.6 g

Nutritional Data provided by external analysis of F.A.S.T. Philippines Laboratories, based on information provided by Connecticut Coconut Company's product and the product's manufacturer.