



100% PURE & NATURAL

Connecticut Coconut Company

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Nutritional Data for Coconut Milk

One Hundred Gram Report

Basic Components	Amount per 100g		Reference Methodology:
			* Official Methods of Analysis AOAC International (2000) 17th Ed.
Total Calories	167.22	cal	
Crude Protein	0.61	g	=No.979.09
Ash	0.33	g	*No. 900.02
Carbohydrates	2.24	g	By difference
Total Dietary Fiber	0.75	g	*No. 985.29
Total Sugars	1.49	g	As invert sugars
Cholesterol	0	mg	*No. 963.08,,970.51
Calcium	1.72	mg	*No. 975-03
Iron	0.53	mg	*No. 975-03
Sodium	17.03	mg	*No. 975-03

Nutritional Data provided by the American Institute of Baking, based on information provided by Connecticut Coconut Company's product and ingredient manufacturers information.

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Issued By:
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General Manager
Safety Committee Chairman