



100% PURE & NATURAL

Connecticut Coconut Company

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Nutritional Data for Coconut Cream

One Hundred Gram Report

Basic Components	Amount per 100g		Reference Methodology:
			* Official Methods of Analysis AOAC International (2000) 17th Ed.
Total Calories	268	cal	
Crude Protein	1.22	mg	=No.979.09
Ash	0.57	g	*No. 900.02
Carbohydrates	2.86	g	By difference
Total Dietary Fiber	1.03	g	*No. 985.29
Total Sugars	1.83	g	As invert sugars
Cholesterol	0	mg	*No. 963.08,,970.51
Calcium	1.39	Mg	*No. 975-03
Iron	0.28	mg	*No. 975-03
Sodium	24	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