



Connecticut Coconut Company
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Nutritional Data

Organic Desiccated Coconut (all cuts)

One Hundred Gram Report

BASIC COMPONENTS	Amount per 100g serving		Reference Methodology: * Official Methods of Analysis AOAC International (2000) 17th Ed.
Total Calories	609-701	Cal	
Calories from Fat	548-640	Cal	Code of Federal Regulations (CFR) Food Labeling Section 101.9.1993
Calories from Saturated Fat	509-595	Cal	Code of Federal Regulations (CFR) Food Labeling Section 101.9.1993
Protein	9 max	G	=No.979.09
Carbohydrates	25 ave.	G	By difference
Dietary Fiber	10-15	G	*No. 985.29
Sugar Total	6 max.	G	*No. 923.09
Crude Fiber	6 max.	G	*No.962.09
Fat Total	61-72	G	*No. 960.39
Polyunsaturated Fat	1.3 ave.	G	*No. 963.22
Monosaturated Fat	3.9 ave.	G	*No. 963.22
Saturated Fat	56-67	G	*No. 969.22
Trans Fat	0	MG	*No. 963.22
Cholesterol	0	MG	*No. 963.08,,970.51
Moisture	3% max	G	*No. 925.40
Ash	2.5 max	G	*No. 900.02
Vitamins			
Vitamin C	1.5 – 3.0	MG	*No. 967.21
Vitamin B1 (Thiamine)	3.0 – 13.0	UG	*No. 912.23
Minerals			
Calcium	10 – 12	MG	*No. 975-03
Iron	1.8 – 2.5	MG	*No. 975-03
Potassium	600 – 750	MG	*No. 975-03
Sodium	0	MG	*No. 975-03

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