



100% PURE & NATURAL

Connecticut Coconut Company

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Nutritional Data

One Hundred Gram Report

Nutrient	VALUE				Unit
	Sweetened Coconut Regular Moisture	Sweetened Coconut High Moisture	Sweetened Rainbow Coconut	Sweetened Red Coconut	
Calories	487.87	484.24	486.42	509.55	kcal
Calories from Fat	275.10	281.16	270.43	304.09	kcal
Total Fat	30.57	31.24	30.05	33.79	g
Saturated Fat	28.02	28.64	27.54	30.97	g
Trans Fat	0.00	0.00	0.00	0.00	g
Polyunsaturated Fat	0.64	0.65	0.63	0.70	g
Monounsaturated Fat	1.91	1.95	1.88	2.11	g
Cholesterol	0.00	0.00	0.00	0.00	mg
Sodium	185.50	189.59	182.53	158.35	mg
Potassium	331.53	338.75	325.93	366.31	mg
Total Carbohydrate	53.55	50.92	54.33	51.69	g
Dietary Fiber	7.77	7.94	7.63	8.59	g
Sugars	40.15	36.73	41.10	36.70	g
Protein	2.72	2.78	2.68	3.01	g
Vitamin A	0.00	0.00	72.03	0.00	IU
Vitamin C	0.00	0.00	0.04	0.00	mg
Calcium	5.87	5.95	5.80	6.38	mg
Iron	1.06	1.08	1.04	1.17	mg
Thiamin	0.00	0.01	0.00	0.01	mg
Riboflavin	0.06	0.06	0.06	0.06	mg
Niacin	0.29	0.30	0.29	0.32	mg
Folate	4.41	4.51	4.34	4.87	mcg
Moisture	11.87	13.73	11.68	10.19	g
Ash	1.29	1.32	1.27	1.33	g

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