



100% PURE & NATURAL

Connecticut Coconut Company

44 Hubbell Lane

Shelton, CT 06484

Tel # 203.513.2691

Fax # 203.925.5833

<http://www.ctcoconut.com>

## Nutritional Data

### One Hundred Gram Report

Nutrient	VALUES			Unit
	Toasted Flake, Shred, and Chip Coconut	Toasted Medium, and Rice Cut Coconut	Toasted Macaroon, Special Medium & Extra Fine Coconut	
Calories	577.90	574.11	576.96	kcal
Calories from Fat	387.19	379.34	384.53	kcal
Total Fat	43.02	42.15	42.73	g
Saturated Fat	39.43	38.64	39.16	g
Trans Fat	0.00	0.00	0.00	g
Polyunsaturated Fat	0.90	0.88	0.89	g
Monounsaturated Fat	2.69	2.64	2.67	g
Cholesterol	0.00	0.00	0.00	mg
Sodium	159.51	130.09	131.87	mg
Potassium	466.08	456.64	462.89	mg
Total Carbohydrate	49.71	50.68	50.12	g
Dietary Fiber	10.93	10.71	10.86	g
Sugars	34.45	35.73	34.97	g
Protein	3.83	3.76	3.81	g
Vitamin A	0.00	0.00	0.00	IU
Vitamin C	0.00	0.00	0.00	mg
Calcium	7.93	7.76	7.87	mg
Iron	1.49	1.46	1.48	mg
Thiamin	0.01	0.01	0.01	mg
Riboflavin	0.08	0.08	0.08	mg
Niacin	0.41	0.41	0.41	mg
Folate	6.21	6.08	6.16	mcg
Moisture	1.88	1.96	1.87	g
Ash	1.55	1.45	1.47	g

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



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## Nutritional Data

### One Hundred Gram Report

Nutrient	VALUES		
	Special Coconut Blend	Cornflake Crumb Combo	Unit
Calories	567.68	533.22	kcal
Calories from Fat	378.11	309.15	kcal
Total Fat	42.01	34.35	g
Saturated Fat	37.26	31.49	g
Trans Fat	0.00	0.00	g
Polyunsaturated Fat	0.97	0.72	g
Monounsaturated Fat	3.74	2.15	g
Cholesterol	0.00	0.00	mg
Sodium	125.72	3.4.32	mg
Potassium	354..27	396.00	mg
Total Carbohydrate	49.52	56.95	g
Dietary Fiber	10.61	9.41	g
Sugars	38.91	29.72	g
Protein	4.48	4.43	g
Vitamin A	0.00	512.88	IU
Vitamin C	0.98	10.27	mg
Calcium	17.07	7.02	mg
Iron	2.17	2.42	mg
Thiamin	0.04	0.27	mg
Riboflavin	0.07	0.35	mg
Niacin	0.39	3.75	mg
Folate	5.86	69.50	mcg
Moisture	2.46	2.41	g
Ash	1.53	1.86	g

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