





Organic Coconut Medium

Ingredients: Organic Coconut

Country of Origin: Philippines

Kosher: 

Organic: 

Allergen: N/A

Manufacturer's Statement: Manufactured in a facility that processes/packages products that contain peanuts, tree nuts, milk, soy & wheat.

Nutritional Facts

Serving Size	30g	
Calories	198	
		% DV*
Total Fat	20g	31%
Saturated Fat	17g	85%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	11mg	0%
Total Carbohydrates	7g	2%
Dietary Fiber	5g	20%
Total Sugars	2g	
Includes Added Sugar	0g	0%
Protein	2g	
Vitamin D	0mcg	0%
Calcium	6mg	1%
Iron	1mg	6%
Potassium	126mg	4%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.