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Home - Product Catalog - Natural Foods - Dried Fruit - Coconut Medium Unsweetened - 10 oz.

Printable Format

Coconut Medium Unsweetened - 10 oz.



Enjoy the great taste of coconut by adding it to baking recipes, ice cream, or frozen yogurt deserts.

PRODUCT #: 5672
UPC: 733739056726
SRP: $2.19
Where to Buy
Add a Comment

Nutrition Info

Servings Per Container: 18

	Amount Per Serving	% Daily Value
Calories	90	
Calories from fat	80	
Total fat	9 g	14%
Saturated Fat	8 g	40%
Cholesterol	0 g	0%
Sodium	5 mg	0%
Total Carbohydrate	3.5 g	1%
Dietary Fiber	2 g	8%
Sugars	<1 g	
Protein	<1 g	
Vitamin A		0%
Calcium		0%
Vitamin C		0%
Iron		4%

* Percent Daily Values are based on 2,000 calorie diet.
† Daily Value not established.

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Serving Size: 3 TBSP(15g)

Servings per container: 18

Other Ingredients: Coconut

Warnings: None

Disclaimers: None

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