



Product: Bakery Essentials Sweetened Coconut Flake 10#

Item Number: 2493716

100 GRAM NUTRITION

| <u>Nutrient</u> | <u>Per 100g</u> | | <u>Per 100g</u> |
|----------------------------|------------------------|-----------------------|------------------------|
| Calories (kcal) | 465.6 | Vitamin A - RAE (mcg) | <5.0 |
| Protein (g) | 4.14 | Thiamine (mg) | 0.00 |
| Carbohydrates (g) | 56.2 | Riboflavin (mg) | 0.00 |
| Dietary Fiber (2016) (g) | 9.44 | Niacin (mg) | 0.00 |
| Soluble Fiber (2016) (g) | 0.66 | Vitamin C (mg) | <1.0 |
| Insoluble Fiber (2016) (g) | 8.78 | Vitamin D - mcg (mcg) | <1.0 |
| Total Sugars (g) | 36.18 | Folate, DFE (mcg DFE) | 0.00 |
| Added Sugar (g) | 29.89 | Folic Acid (mcg) | 0.00 |
| Fat (g) | 24.91 | Calcium (mg) | 8.00 |
| Saturated Fat (g) | 22.05 | Iron (mg) | 1.3 |
| Trans Fatty Acid (g) | <0.10 | Phosphorus (mg) | 0.00 |
| Poly Fat (g) | 0.50 | Potassium (mg) | 337.0 |
| Mono Fat (g) | 2.86 | Sodium (mg) | 172.0 |
| Cholesterol (mg) | <1.0 | Sugar Alcohol (g) | 0.00 |
| Water (g) | 13.51 | Sulfites (ppm) | 150 ppm max |
| Ash (g) | 1.26 | | |

Allergens: coconut, sodium metabisulfite

Ingredient List: coconut, sugar, water, propylene glycol, salt and sodium metabisulfite

Last Revised 07/018/2019

Last Reviewed 07/08/2019