

Coconuts
Serving Size

Amount Per Serving

Calories **280**

	% Daily Value *
Total Fat 27 g	34%
Saturated Fat 24 g	119%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 15 mg	1%
Total Carbohydrate 12 g	4%
Dietary Fiber 7 g	26%
Total Sugars 5 g	
Includes 0 g Added Sugars	0%
Protein 3 g	
Vitamin D 0 mcg	0%
Calcium 11 mg	0%
Iron 2 mg	10%
Potassium 280 mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Allergens:

Ingredients: