



Revised By: ddavidson

Version Date: 09/28/2022

## Bob's Red Mill Natural Foods

### Product Specifications:

Product Name: Flaked Coconut (Unsweetened) 4/10 oz

Product Number: P101055

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Product Description: COCONUT FLAKES UNSWEETENED are made from dried coconut, processed in accordance with 21 CFR Part 117 subpart B and in compliance with state and federal requirements for food safety and quality.

Ingredients: Unsulfured Coconut.

Allergen List: Tree Nuts.

### Physical Properties:

Appearance: White to beige flakes, varying in size and length

Aroma: Mild, characteristics of coconut with no rancid or off-odors.

Flavor: Mild, characteristics of coconut with no rancid or undesirable flavors.

| Nutrition Facts                                                                                                                                                     |                                         |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------|
| Serving size                                                                                                                                                        | 100g                                    |
| Amount per serving                                                                                                                                                  |                                         |
| <b>Calories</b>                                                                                                                                                     | <b>661.00</b>                           |
| % Daily Value*                                                                                                                                                      |                                         |
| Total Fat 56.60g                                                                                                                                                    | 73%                                     |
| Saturated Fat 53.20g                                                                                                                                                | 266% <span style="color: red;">.</span> |
| Trans Fat 0.00g                                                                                                                                                     |                                         |
| Cholesterol 0.00mg                                                                                                                                                  | 0%                                      |
| Sodium 22.30mg                                                                                                                                                      | 1%                                      |
| Total Carbohydrate 30.80g                                                                                                                                           | 11%                                     |
| Dietary Fiber 20.20g                                                                                                                                                | 81%                                     |
| Total Sugars 6.50g                                                                                                                                                  |                                         |
| Includes 0.00g Added Sugars                                                                                                                                         | 0%                                      |
| Protein 7.20g                                                                                                                                                       |                                         |
| Vitamin D 0.00mcg                                                                                                                                                   |                                         |
| Calcium 7.30mg                                                                                                                                                      |                                         |
| Iron 3.21mg                                                                                                                                                         |                                         |
| Potassium 720.00mg                                                                                                                                                  |                                         |
| * 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. |                                         |

### Certifications:

Kosher Certification:

Certified by OK Kosher

Non-GMO Certification:

Verified by the Non-GMO Project.

Audit Certification:

SQF Food Safety Code: Food Manufacturing, ed. 9

Organic Certification:

Gluten Free Certification:

Fair Trade Certified:

Certified by Fair Trade USA

**Country of Origin:**

Philippines