

FANCY
GRADE

LET'S DO...ORGANIC

USDA
ORGANIC

100% ORGANIC

TOASTED Coconut Flakes

Unsweetened

- ✓ No sulfites or preservatives
- ✓ 0g Trans Fat
- ✓ Delicious in trail mix and granola

SERVING SUGGESTION

ABOUT
3 1/2
CUPS BY
VOLUME

NET WT 7oz 200g



LET'S DO...ORGANIC

100% Organic
Unsweetened • Fancy Grade
Toasted Coconut Flakes

Ingredients: Organic Coconut
(sliced, dehydrated and toasted).

Organic Coconut is a gluten free food.

Dist. by Edward & Sons Trading Co., Inc.
PO Box 1326
Carpinteria, CA 93014 USA
www.edwardandsons.com
Certified organic by QAI
Certified kosher by Kehilla Kosher
Product of Sri Lanka

SERVING SUGGESTIONS:

Add to your favorite nut mix or granola.
Top baked goods. Enjoy right from the bag as
a healthy snack and tasty treat.

TO STORE ORGANIC COCONUT:

Store tightly closed bag of coconut in refrigerator
or freezer for up to one year.
Please send us your favorite organic coconut recipes so that
we may share them with others.

Nutrition Facts

Serving Size 3 Tbsp (15g)
Servings Per Container about 13

Amount Per Serving	
Calories 100	Calories from Fat 60
	%Daily Value*
Total Fat 7g	11%
Saturated Fat 6g	32%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Potassium 55mg	2%
Total Carbohydrate 7g	2%
Dietary Fiber less than 1g	2%
Sugars 2g	
Protein less than 1g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending on
your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

USDA



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