organic creamed coconut
crème de noix de coco biologique

USDA ORGANIC

LET'S DO...ORGANIC

GF GLUTEN-FREE

LET'S DO...ORGANIC®

crème de noix de coco biologique non - sucré

Remplace les produits laitier ou le lait de coco pour sauces, cari, boissons et plus...

VEGAN

POIDS NET 200g

K PAREVE

PRÉSENTATION SUGGÉRÉE

Enjoy the wonderful convenience and delicious flavor of Let's Do... Organic® Creamed Coconut, the secret ingredient in regional dishes from Thailand to Jamaica.

DIRECTIONS

Mix 1 Tbsp Creamed Coconut with 2 Tbsp hot water. Stir briskly until fully dissolved. Adjust thickness as desired by adding more or less hot water. Add to soups, gravies, casseroles and other favorite dishes toward the end of cooking.

Note: Creamed Coconut will harden in cool temperatures. To soften, simply immerse closed bag in a bowl of hot water for a few minutes.

Store in cool dry place. Refrigerate after opening.

Organic Creamed Coconut is perfect for Thai sauces and Caribbean stews. Diluted, pour over fresh fruit to make a delicious and "coconutty" sweet treat. Or, simply add Creamed Coconut into a blender with frozen fruit to enhance tropical smoothies! Experiment!

Find delicious Coconut recipes at www.edwardandsonsrecipes.org.

Edward & Sons - A Family Owned Vegetarian Company Since 1978.

Organic certification assures you of sustainable farming practices, which nourish soil and protect its biodiversity. Consistent with our company policy, organic certification also prohibits the use of GMOs, artificial colors, preservatives and other unwelcome ingredients.

LET'S DO...ORGANIC®

Organic Creamed Coconut Unsweetened

Replace dairy or coconut milk in sauces, curries, smoothies and more...

USDA ORGANIC

GF GLUTEN-FREE

VEGAN

NET WT 7oz 200g

K PAREVE

SERVING SUGGESTION

Nutrition Facts
Valeur nutritive

Per 1.5 Tbsp (28g) / Pour 1,5 c. à soupe (28g)
Servings Per Container: about 7
Portions par boîte: environ 7

Amount Per Serving / Teneur	% Daily Value* / % valeur quotidienne
Calories / Calories 190	
Calories From Fat 160	
Total Fat / Lipides 18 g	**28%**
Saturated Fat / saturés 16 g + *Trans* Fat / trans 0 g	**80%**
Cholesterol / Cholestérol 0 mg	**0%**
Sodium / Sodium 10 mg	**0%**
Potassium / Potassium 150 mg	**4%**
Carbohydrate / Glucides 7 g	**2%**
Dietary Fiber / Fibres 5 g	**18%**
Sugars / Sucres 2 g	
Protein / Protéines 2 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	0%
Iron / Fer	6%

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

INGREDIENTS:
Organic Coconut.
Organic creamed coconut is a gluten free food.

INGRÉDIENTS:
Noix de coco biologique.

Dist. by/par
Edward & Sons Trading Co., Inc.
PO Box 1326
Carpinteria, CA 93014 USA
www.edwardandsons.com

Certified organic by QAI
Certifié biologique par QAI
Certified kosher by Kehilla Kosher
Certifié cachère par Kehilla Kosher

Convenience Without Compromise®
Commodité sans compromis®

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PRODUIT DE SRI LANKA

Questions? email custserv@edwardandsons.com

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