

Coconut flour organic

Designation: coconut flour

Description: To produce coconut flour, the coconut flesh is dried, carefully pressed, partially de-oiled and then finely ground. Coconut flour is rich in fiber and protein and contains around 70% less carbohydrates than cereal flour. It is suitable for cooking and baking.

Preparation: The coconut flour refines smoothies, muesli and yoghurt, soups, stews and currys. It is suitable for cooking, baking and tying soups and sauces. When baking, about 25% of the cereal flour can be replaced by coconut flour.

Ingridients: coconut powder partly degrease

* from controlled organic cultivation

Raw food: No
Fairtrade: No
Gluten-free: No
Vegan: Yes
Superfood: No
Naturally gluten-free: No
Plastic-free: No
Organic: Yes
Colli/Multi package: We trade this item in various packaging units. The current packaging size is 20kg. Please refer to the order confirmation for the final packaging unit.
Value Pack: No

ECO Control Point: DE-ÖKO-003

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	1306 kj
Calorific value kcal	312 kcal
Fat	12.8 g
Of which saturated fatty acids	11.9 g
Carbohydrates	17.5 g
Of which sugar	16.5 g
Fibers	30.5 g
Protein	16.5 g
Salt	0.325 g

Allergene

Gluten-containing cereal	Nein
Chicken egg	Nein
Peanuts	Nein

Milk	Nein
Celery	Nein
Sesame seeds	Nein
Lupines	Nein
Crustaceans	Nein
Fish	Nein
Soy	Nein
Nuts	Nein
Mustard	Nein
Sulfur dioxide and sulphite	Nein
Molluscs	Nein
Cashews	Nein
Spelt	Nein
Barley	Nein
Oat	Nein
Hybrid Strains	Nein
Kamut	Nein
Macadamia	Nein
Almonds	Nein
Brazil Nuts	Nein
Pecans	Nein
Pistachios	Nein
Rye	Nein
Hazelnuts	Nein
Sesame	Nein
Walnuts	Nein
Wheat	Nein