

Organic coconut flour

To produce coconut flour, the coconut meat is dried, partially defatted by pressing, and then finely ground. Coconut flour is rich in fibre and protein and contains about 70% less carbohydrates than grain flour. It is suitable for cooking and baking.

[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