

# Coconut Strips (smile) Raw food bio

Unroasted and unsweetened coconut strips with dark skin. The light, white fruit meat has a sweetly fresh taste and a crisp, crunchy consistency. The strips are mostly 30 to 70 mm long and 10 to 15 mm wide. Coconut strips are rich in fiber. They taste delicious as a snack and in mixes.

[Zum Produkt](#)

## Nährwerte

### Unzubereitet pro 100 g

Calorific value kj	2801 kj
Calorific value kcal	670 kcal
Fat	64.5 g
Of which saturated fatty acids	57.2 g
Carbohydrates	7.4 g
Of which sugar	7.4 g
Fibers	16.3 g
Protein	6.7 g
Salt	0.09 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  
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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