

# Coconut desiccated organic

**Designation:** coconut flakes medium

**Description:** Coconut shreds in size Medium. The medium sized, creamy-white shreds have a firm consistency and taste mildly sweet-milky. They are rich in fiber. The shreds are excellent for baking, cooking and decorating sweet baked goods, fruit salads and other desserts.

**Ingridients:** coconut flakes\*

\* from controlled organic cultivation

**Raw food:** No  
**Fairtrade:** No  
**Gluten-free:** No  
**Vegan:** Yes  
**Superfood:** No  
**Naturally gluten-free:** No  
**Plastic-free:** Yes  
**Organic:** Yes  
**Value Pack:** No

**ECO Control Point:** DE-ÖKO-003

[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

Example Company

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