

Organic medium coconut shavings 1kg

Medium-sized coconut shavings. These creamy white, medium-fine shavings have a firm consistency and a mild, sweetish-milky taste. They are high in fibre. The shavings are ideal for baking and are not only popular during the Christmas season. In addition to coconut macaroons, all sorts of delicacies can be created. They are also suitable for pure or slightly roasted cooking of savoury and sweet dishes as well as for decorating sweet pastries, fruit salads and other desserts. So easy can be a culinary journey to the Caribbean. Good to know: The coconut is botanically not a nut, but belongs like apricots, cherries, mangoes, coffee beans and olives to the stone fruits. In total, it offers us a variety of uses. Thus, we appreciate depending on the recipe the coconut water as well as the creamy [coconut milk](#) or the [coconut oil](#). In the countries of origin, the hard shell serves as fuel and the fibrous layer can be used for textiles such as carpets or baskets and even as insulation material.

[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	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