

Coconut, grated, desiccated, medium organic 1kg

Designation: coconut flakes medium

Description: Good to know: Botanically speaking, the coconut is not a nut, but belongs to the stone fruit family, just like apricots, cherries, mangoes, coffee beans and olives. Overall, it offers us a wide range of possible uses. Depending on the recipe, we appreciate coconut water as well as creamy coconut milk or coconut oil. In the countries of origin, the hard shell is used as fuel and the fibrous layer can be used for textiles such as carpets or baskets and even as insulating material.

Preparation: The grated coconut is very suitable as an ingredient and for decorating sweet baked goods, fruit salads and other desserts as well as for cooking.

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: No
Organic: Yes
Value Pack: Yes

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 |
| 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 |