

Organic Fairtrade Coconut Milk 12x400ml (Available again around end of May)

Coconut milk is a white, creamy liquid that is obtained by pressing the grated and squeezed pulp of ripe coconuts. The desired fat content is set by adding water. This mass is cooked, filled into cans and made durable by pasteurization. Coconut milk has a slightly sweet taste and the typical coconut flavor. It is therefore excellent for the preparation of creamy curries and soups, for baking and for a variety of dessert variations.

[Zum Produkt](#)

Nährwerte

Unzubereitet pro 100 g

Calorific value kj	767 kj
Calorific value kj	761 kj
Calorific value kcal	183 kcal
Calorific value kcal	182 kcal
Fat	17 g
Fat	18 g
Of which saturated fatty acids	16 g
Of which saturated fatty acids	16.7 g
Carbohydrates	5.7 g
Carbohydrates	2.9 g
Of which sugar	2 g
Of which sugar	1.8 g
Fibers	1.7 g
Fibers	1.1 g
Protein	1 g
Protein	1.5 g
Salt	0.04 g
Salt	0.03 g

Allergene

Gluten-containing cereal	Nein
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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