

Coconut milk organic FairTrade

Designation: coconut milk

Description: Coconut milk is a white, creamy liquid obtained by pressing the grated and pressed flesh of ripe coconuts. The desired fat content is adjusted by adding water. It is then boiled, preserved and pasteurised. Coconut milk has a slightly sweet taste and a typical coconut aroma. It is ideal for making creamy curries and soups, for baking and for a variety of desserts.

Preparation: A wonderfully creamy ingredient not only for Asian cuisine, but also for cake and pie fillings, imaginative spreads and deliciously exotic dessert creations such as chia or creamy coconut milk rice pudding.

Ingridients: coconut* 55%, water

* from controlled organic cultivation

Raw food: No

Fairtrade: Yes

Gluten-free: No

Vegan: Yes

Superfood: No

Naturally gluten-free: No

Plastic-free: No

Organic: Yes

Value Pack: No

ECO Control Point: DE-ÖKO-003

[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
Chicken egg	Nein
Peanuts	Nein
Milk	Nein
Celery	Nein
Sesame seeds	Nein

Example Company

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