

Flake Coconut, Sweetened
Dutch Valley Foods
February 21, 2008

Nutrition Facts	
Serving Size (100g)	
Servings Per Container	
Amount Per Serving	
Calories 530	Calories from Fat 370
% Daily Value*	
Total Fat 41g	63%
Saturated Fat 38g	192%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 47g	16%
Dietary Fiber 9g	36%
Sugars 31g	
Protein 5g	
Vitamin A 0%	• Vitamin C 2%
Calcium 0%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: Coconut (sodium metabisulfite (retains whiteness)), powdered sugar (sugar, cornstarch), water, propylene glycol (preserves freshness), salt, cellulose gel.

Allergen Information

**Contains: Tree Nuts (coconut)

**Packaged in a facility that also processes products containing: peanuts, tree nuts, soybeans, milk, egg, fish, crustaceans shellfish and wheat ingredients.