

Edward & Sons 2024

ORGANIC COCONUT SHRED/FLAKES

Suitable for vegan, gluten free, Paleo and many other special diets, Let's Do Organic® Coconut contains no sweeteners, preservatives or whiteners.

They are delicious and versatile ingredients that will enhance your favorite trail mixes, baked goods, protein coatings. However you enjoy it, Let's Do Organic Coconut is sure to become a family favorite!



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#V520 OG SHREDDED COCONUT

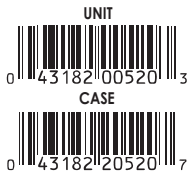
Nutrition Facts	
About 15 servings per container	
Serving Size 2 1/2 Tbsp (15g)	
Amount per serving	
Calories 100	
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vit. D 0mcg 0%	Calcium 4mg 0%
Iron 0mg 0%	Potas. 80mg 2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutritional advice.

Ingredients:
Organic Coconut
(shredded and dehydrated).



CASE COUNT:
12
CASE GROSS WT (LBS):
6.8
CASE DIMENSIONS (IN):
13.25 X 10 X 6
RETAIL UNIT DIMENSIONS (IN):
5.3 X 1.5 X 8
RETAIL UNIT NET WT:
8 oz
Product of Sri Lanka



#V521 OG REDUCED FAT SHRED COCONUT

Nutrition Facts	
About 15 servings per container	
Serving Size 4 Tbsp (15g)	
Amount per serving	
Calories 90	
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 7g	3%
Dietary Fiber 6g	21%
Total Sugars less than 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vit. D 0mcg 0%	Calcium 2mg 0%
Iron 1mg 4%	Potas. 90mg 2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutritional advice.

Ingredients:
Organic Coconut
(shredded & dehydrated).



CASE COUNT:
12
CASE GROSS WT (LBS):
7.7
CASE DIMENSIONS (IN):
12.8 X 8.3 X 10.5
RETAIL UNIT DIMENSIONS (IN):
5 X 1.5 X 9
RETAIL UNIT NET WT:
8.8 oz
Product of Sri Lanka



#V522 OG COCONUT FLAKES

Nutrition Facts	
About 13 servings per container	
Serving Size 2 1/2 Tbsp (15g)	
Amount per serving	
Calories 100	
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 3.9mg	0%
Iron 0.4mg	2%
Potassium 80mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutritional advice.

Ingredients:
Organic Coconut
(sliced & dehydrated).



CASE COUNT:
12
CASE GROSS WT (LBS):
6.4
CASE DIMENSIONS (IN):
10.3 X 14.5 X 7
RETAIL UNIT DIMENSIONS (IN):
7 X 3 X 9
RETAIL UNIT NET WT:
7 oz
Product of Sri Lanka



#V523 OG TOASTED COCONUT FLAKES

Nutrition Facts	
13 servings per container	
Serving Size 3 Tbsp (15g)	
Amount per serving	
Calories 100	
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vit. D 0mcg 0%	Calcium 4mg 0%
Iron 0mg 2%	Potassium 80mg 2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutritional advice.

Ingredients:
Organic Coconut
(sliced, dehydrated & toasted).



CASE COUNT:
12
CASE GROSS WT (LBS):
6.4
CASE DIMENSIONS (IN):
14.5 X 10.3 X 7
RETAIL UNIT DIMENSIONS (IN):
7 X 3.5 X 9
RETAIL UNIT NET WT:
7 oz
Product of Sri Lanka



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