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**Product:** Coconut Flake Sweetened Fancy

**Brand:** Bountiful Harvest

**Pack:** 1/10 lb.

**Item #:** 1208BH

**Reviewed By:** K.Faccone

**Reviewed:** 3/14/16

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**Ingredients:** Coconut (Sodium Metabisulfite Added to Retain Color), Sugar, Water, Propylene Glycol, and Salt.

**Shelf life:** 12 months.

**Recommended Storage:** Store in a cool dry location. Avoid direct sunlight and heat.

Nutrition Facts			
Serving Size		2 Tbsp. (15g)	
Serving per container		about 284	
Amount per Serving			
Calories 70		Calories from fat 40	
% Daily Value			
Total fat	5g		8%
Saturated fat	5g		25%
Trans fat	0		
Cholesterol	0mg		0%
Sodium	30mg		1%
Total Carbohydrate	7g		2%
Dietary Fiber	2g		8%
Sugars	5g		
Protein	<1g		
Vitamin A	0%	•	Vitamin C 0%
Calcium	0%	•	Iron 0%
*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	< 65g		< 80g
Sat. Fat	< 20g		< 25g
Cholesterol	< 300mg		< 300mg
Sodium	< 2400mg		< 2400mg
Total Carbohydrates	300g		375g
Dietary Fiber	25g		30g
Calories per gram:			
Fat	9	Carbohydrates	4
		Protein	4