



# Fine Shredded Coconut Bio 150 g Ecosana

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## Description

**ECOSANA's Fine Shredded Coconut** is made from coconuts from organic farming in Sri Lanka. In this way, not only is its properties preserved intact and a higher quality product is obtained, but the environment is **respected**. Coconut is characterized by being a food very rich in fiber and a natural source of **Medium Chain Triglycerides (TCM)**; Fats that are characterized by being easier for our body to break down for energy, making it a perfect food as nutritional support for training and for weight loss diets. It is also rich in trace elements such as iron and potassium, and in vitamins E and group B. You can decorate your pastry dishes, as tops for smoothies, yogurts or to finish your recipes with a little coconut.

## Ingredients

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Fine shredded coconut\*

\*From Organic Agriculture.

## Directions

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You can use it as a topping for all your desserts or to create cocktails.

## Presentation

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Contains 150 g

## Warnings

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May contain traces of **Nuts, Sesame and Soya**.

Store in a dry, cool place protected from light.

## Nutrition Facts

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Per 100 g

	Quantity
<b>Energetic Value</b>	<b>2761 kJ / 660 kcal</b>
<b>Fat of which saturated</b>	<b>64,53 g 57,22 g</b>
<b>Carbohydrates of which sugars</b>	<b>7,35 g 7,35 g</b>

<b>Fibre</b>	<b>16,30 g</b>
<b>Proteins</b>	<b>6,88 g</b>
<b>Salt</b>	<b>0,0037 g</b>

## Allergen Information

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Shelled Nuts, Sesame, Soya,

## Certifications

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