

BOB'S RED MILL

00039978105813 - Bob's Red Mill Coconut Flakes

One, 25 pound bulk bag. Vegan; Vegetarian; Paleo Friendly; Kosher Pareve. Unsulfured. Unsweetened. No preservatives



MARKETING

Unsweetened and unsulfured. Great addition to granola and trail mixes. Beautiful decoration for baked goods. Toast and eat plain. Use as topping for hot cereal.

Nutrition Facts

765 Servings per container	
Serving Size	1/4 cup (15g)
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 9	12%
Saturated Fat 9 g	45%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 5 mg	0%
Total Carbohydrates 4 g	1%
Dietary Fiber 3 g	11%
Total Sugars 1 g	
Includes 0 g Added Sugars	0%

Protein 1 g	
Vitamin D 0 mcg	0%
Calcium 1 mg	0%
Iron 0 mg	0%
Potassium 118 mg	2%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PRODUCT SPECIFICATIONS

Code		GTIN			Pack Description		
P101052		00039978105813					
Brand	Brand Owner			GPC Description			
BOB'S RED MILL	BOB'S RED MILL NATURAL FOODS INC			Fruit/Nuts/Seeds Mixes - Prepared/Processed (Shelf Stable)			
Gross Weight	Net Weight	Case/Catch Weight		Country Of Origin	Kosher	Child Nutrition	
25.5 LBR	25 LBR	No		PH, US	Yes	No	
Shipping							
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To	
30 INH	16 INH	4 INH	1.111 FTQ	5x6	365 Days	32 FAH / 71 FAH	
Traceability Regulation							
Regulation Type Code		Regulatory Act	Trade Item Regulation Compliant		Regulation Restrictions and Descriptors		
N/A		N/A	N/A		N/A		

HANDLING SUGGESTIONS

Keeps best refrigerated or frozen. Use as per recipe.

ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; INII = 'Intentionally nor Inherently Included'; SO = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - MC
- Peanuts - N
- Eggs - MC
- Tree - C
- Soybean - MC
- Fish - N
- Wheat - MC
- Shellfish - NI
- Sesame - MC
- Crustaceans - N

INGREDIENTS

Natural unsulfured coconut

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PREPARATION & COOKING SUGGESTIONS



Use as per recipe.

SERVING SUGGESTIONS



Due to the size of these flakes, they are lovely when used to decorate cakes and pies.

MORE INFORMATION



Telephone : 800-349-2173, E-mail : CUSTOMERSERVICE@BOBSREDMILL.COM