

Nutritional Information Per 100 Grams

CP#24 Coconut Craft Puree

Spreadsheet

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)
+ CP#24	100	Gram	100.00	180.93	0.91	0.86	0	0
Total			100.00	180.93	0.91	0.86	0	0
Item Name	Carb (g)	TotFib (g)	Sugar (g)	SugAdd (g)	Prot (g)	Vit A-IU (IU)	Vit C (mg)	Vit D-mcg (mcg)
+ CP#24	27.06	0.01	25.84	22.99	0.06	0	0	0
Total	27.06	0.01	25.84	22.99	0.06	0	0	0
Item Name	Calc (mg)	Iron (mg)	Sod (mg)	Water (g)	Ash (g)	Vit E-IU (IU)	Folate (mcg)	Fol_Acid (mcg)
+ CP#24	1.88	0.01	6.05	63.53	0.43	0.01	0.77	0
Total	1.88	0.01	6.05	63.53	0.43	0.01	0.77	0
Item Name	Pot (mg)							
+ CP#24	5.59							
Total	5.59							

CP#24
08/14/2019

Nutrition Facts	
servings per container	
Serving size	(100g)
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 26g	
Includes 23g Added Sugars	45%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 2mg	0%
Iron 0mg	0%
Potassium 6mg	0%
*The % Daily Value 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.	
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	