

Nutritional Information Per 100 Grams

ART#57-NS Natural Coconut Cream

Spreadsheet

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	
+ ART#57-NS	100	Gram	100.00	344.93	2.46	2.33	0	0	
Total			100.00	344.93	2.46	2.33	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)	
+ ART#57-NS	73.36	0.03	70.06	62.33	0.18	0	0	0	
Total	73.36	0.03	70.06	62.33	0.18	0	0	0	
Item Name	Calc (mg)	Iron (mg)	Sod (mg)	Water (g)	Ash (g)	Vit E-IU (IU)	Folate (mcg)	Fol_Acid (mcg)	
+ ART#57-NS	0.60	0.02	10.42	22.97	1.01	0.03	2.10	0	
Total	0.60	0.02	10.42	22.97	1.01	0.03	2.10	0	
Item Name	Pot (mg)								
+ ART#57-NS	15.15								
Total	15.15								

ART#57-NS
11/07/2019

Nutrition Facts

servings per container

Serving size (100g)

Amount per serving

Calories **340**

% Daily Value*

Total Fat 2.5g **3%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 73g **27%**

Dietary Fiber 0g **0%**

Total Sugars 70g

Includes 62g Added Sugars **120%**

Protein 0g

Vitamin D 0mcg **0%**

Calcium 1mg **0%**

Iron 0mg **0%**

Potassium 15mg **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