

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:<br>Fat 9 • Carbohydrate 4 • Protein 4                                                                                                      |        |