Nutrition Facts

Serving Size 2 Tbsp (14g)

Amount Per Serving	
Calories 60	Cals. From Fat 20
	% Daily Value**
Total Fat 2 g	3%
Saturated Fat 1.5 g	8%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 10 mg	0%
Total Carbohydrate 8 g	3%
Dietary Fiber 4 g	14%
Sugars 0 g	
Protein 2 g	

Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

**Percent Daily Values are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	CALORIES	2000	2500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories Per Gram:

Fat 9 * Carbohydrate 4 * Protein 4

Ingredients

Organic coconut flour. Contains tree nuts

Handling And Storage

Store in a dry, cool place.

This product does not contain milk, eggs, soybeans, wheat, peanuts, fish, crustacean shellfish, sesame, mustard, or added sulfites, but is produced on equipment that may come in contact with milk, eggs, soybeans, wheat, sesame, mustard, or added sulfites

Basic Preparation

Ready to use.