



## Culinary Masters

# 183178 - Coconut Flake Sweetened

These sweetened flakes can be used in a variety of dishes, both savory and sweet. Use the flakes to add a sweet and tropical flavor to any dish.



### \* Benefits

Add some sweetness to your life with Culinary Masters Sweetened Coconut Flakes. These sweetened flakes can be used in a variety of dishes, both savory and sweet. Use the flakes to add a sweet and tropical flavor to any dish. Make some scrumptious coconut macaroons with just a few simple ingredients or toast the flakes and add them to a decadent pie. For a more savory dish, sprinkle some flakes into a salad to add a tropical flavor or mix with bread crumbs and make a coating for breaded coconut shrimp. With so many uses, you'll want to make sure you have Culinary Masters Sweetened Coconut Flakes in your kitchen always.

## Nutrition Facts

Servings per Container  
Serving size **100.0g (100g)**

Amount per serving  
**Calories**

	% Daily Value*
<b>Total Fat</b>	<b>%</b>
Saturated Fat	%
Trans Fat 38g	
<b>Cholesterol</b>	<b>%</b>
<b>Sodium</b> 43mg	<b>%</b>
<b>Total Carbohydrate</b> 42g	<b>%</b>
Dietary Fiber 2g	%
Total Sugars 31g	
Includes Added Sugar	%
<b>Protein</b> 4g	
Vitamin D	%
Calcium 15mg	%
Iron 2mg	%
Potassium 324mg	%

\* The % Daily Value (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.

### Ingredients

Ingredients: Coconut, sugar, water, propylene glycol. (Sodium metabisulfite added to retain whiteness)

### ⚠ Allergens

### Handling Suggestions

See label for suggestions  
UNIT UPC: 688032027167

### Serving Suggestions

See label for suggestions

### Prep & Cooking Suggestions

See label for suggestions

### 📄 Product Specifications

Brand	Manufacturer
Culinary Masters	Culinary Masters

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
688032027167	183178	183178	01068803202716		1/4 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
4.5lb	4lb		No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
8in	2.5in	3.5in	0.04ft3	36x5	245days	35°F / 37°F



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## Nutrition Analysis - By Measure

Calories		Total Fat		Sodium	43mg
Protein	4	Trans Fats	38g	Calcium	15mg
Total Carbohydrates...	42g	Saturated Fat		Iron	2mg
Sugars	31g	Added Sugars		Potassium	324mg
Dietary Fiber	2g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol			
Vitamin A(U)		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

### Additional Images

