

LC-Coconut Shredded Unsweetened[®]



**Diabetic
Friendly
Gluten
Free**



Net Carbs
2g
Per Serving

Nutrition Facts

Serving Size 1/4 Cup (20g)
Servings per container 18

Amount Per Serving

Calories 141

Calories from Fat 117

		%Daily Value*	
Total Fat 13g	20%	Total Carbohydrate 5g	2%
Saturated Fat 12g	60%	Dietary Fiber 3g	9%
Trans Fat 0g		Sugars 1g	0%
Cholesterol 0g	0%	Protein 1g	2%
Sodium 7mg	3%	Net Carbs 2g	

*Percent daily values are based on a 2000 calorie diet.

Ingredients: Dehydrated unsulfured unsweetened coconut meat

Warning: Processed in a facility that uses wheat gluten and nuts.

www.HoldTheCarbs.com

Net Wt. 12.7 oz. (360g) Approx. 4 1/2 cups



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Manufactured for LC Foods[™]
Company, Raleigh NC 27604