

NUTRITIONAL FACTS

Nutrition Facts

Calypso Coconut

Serving Size 2.4 oz (68 g) Servings Per Container 2

Amount per serving

Calories 240 Calories from Fat 110

% Daily Values*

Total Fat 12g	19%
Saturated Fat 1.5g	8%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 31g	10%
Dietary Fiber less than 1 gram	0%
Sugars 17g	
Protein 3g	

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 2%

*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	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Trans Fat	Less than	00g	00g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram Fat 9 • Carbohydrates 4 • Protein 4

Ingredients: Sugar, enriched wheat flour (flour, niacin, reduced iron, thiamine, mononitrate, riboflavin, folic acid), whole eggs, soybean oil, water, coconut milk, modified food starch, dried whey (milk), sweet coconut flakes, leavening (baking soda, sodium aluminum phosphate, aluminum sulfate), vital wheat gluten, salt, mono and diglycerides, sodium stearoyl lactylate, dextrose, wheat starch, xanthan gum, coconut flavor, potassium sorbate (preservative).