

# ORGANIC WHITE COCONUT OIL



## Ingredients - Organic coconut white kernel



Available In 200ml / 300ml / 450ml / 500ml / 950ml / 1000ml / 2L pail / 4L pail / 10L pail / 20L pail / 192kg drum / 1000L totes.

Organic White Coconut Oil is unrefined and with no flavours, colours or preservatives. This is good as a cooking oil.

| Nutrition information Per 100 g |            |
|---------------------------------|------------|
| Energy                          | 889.91kcal |
| Total fat                       | 99.89g     |
| Saturated                       | 94.60g     |
| Monounsaturated                 | 4.25g      |
| Polyunsaturated                 | 0.76g      |
| Trans                           | 0.00g      |
| Fatty Acids                     |            |
| Lauric                          | 47.00g     |
| Caprylic                        | 8.00g      |
| Myristic                        | 17.90g     |
| Capric                          | 5.50g      |
| Protein                         | 0.20g      |
| Carbohydrates                   | 0.00g      |
| Sugar                           | 0.00g      |
| Sodium                          | 2.20mg     |
| Gluten                          | 0.00g      |
| Dietary Fiber                   | 0.00g      |



SHELF LIFE 2 YEARS