



BOB'S RED MILL

# 004969 - \*Flour Organic Coconut

Lends baked goods an incomparably rich texture and a unique, natural sweetness.



## Nutrition Facts

Servings per Container 756  
Serving size 2tbsp(15g)

Amount per serving  
**Calories 60**

|                              | % Daily Value* |
|------------------------------|----------------|
| <b>Total Fat</b> 1.5g        | <b>2%</b>      |
| Saturated Fat 1g             | <b>5%</b>      |
| Trans Fat 0g                 |                |
| <b>Cholesterol</b> 0mg       | <b>0%</b>      |
| <b>Sodium</b> 10mg           | <b>0%</b>      |
| <b>Total Carbohydrate</b> 9g | <b>3%</b>      |
| Dietary Fiber 6g             | <b>21%</b>     |
| Total Sugars 3g              |                |
| Includes Added Sugar         | <b>%</b>       |
| <b>Protein</b> 3g            |                |
| Vitamin D 0mcg               | <b>0%</b>      |
| Calcium 3mg                  | <b>0%</b>      |
| Iron 1mg                     | <b>6%</b>      |
| Potassium 332mg              | <b>7%</b>      |

\* 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.

### \* Benefits

One, 25 pound bulk bag  
USDA Certified Organic; Gluten Free; Vegan; Vegetarian; Paleo Friendly; High in Fiber; Kosher Pareve  
Grain-free flour; Paleo-friendly  
Excellent source of dietary fiber; good source of iron  
Unsulphured; unsweetened; single-ingredient

### Ingredients

Organic coconut

### ⚠ Allergens

#### Contains:

tree nuts

#### May Contain:

sesame soy

#### Free From:

crustaceans eggs fish milk

peanuts wheat

### Handling Suggestions

Keeps best refrigerated or frozen.  
Use as per recipe.

### Serving Suggestions

Can be used as coating for chicken, fish or other proteins in place of regular flour or cornmeal.

### Prep & Cooking Suggestions

Use as per recipe.

### 📄 Product Specifications

| Brand          | Manufacturer                     | Product Category |
|----------------|----------------------------------|------------------|
| BOB'S RED MILL | BOB'S RED MILL NATURAL FOODS INC | Flour & Cornmeal |

| MFG #   | SPC #  | GTIN           | Pack | Pack Desc. |
|---------|--------|----------------|------|------------|
| P102070 | 004969 | 00039978108159 | 1    | 1 / ea     |

| Gross Weight | Net Weight | Catch Weight | Country of Origin | Kosher | Child Nutrition |
|--------------|------------|--------------|-------------------|--------|-----------------|
| 25.5lb       | 25lb       | No           | USA               | Yes    | No              |

| Shipping Information |       |        |         |       |            |                      |
|----------------------|-------|--------|---------|-------|------------|----------------------|
| Length               | Width | Height | Volume  | TlxHl | Shelf Life | Storage Temp From/To |
| 26in                 | 13in  | 3.81in | 0.75ft3 | 5x16  | 365DAYS    | 32°F / 71°F          |



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### Nutrition Analysis - By Serving

|                        |    |                     |      |              |       |
|------------------------|----|---------------------|------|--------------|-------|
| Calories               | 60 | Total Fat           | 1.5g | Sodium       | 10mg  |
| Protein                | 3  | Trans Fats          | 0g   | Calcium      | 3mg   |
| Total Carbohydrates... | 9g | Saturated Fat       | 1g   | Iron         | 1mg   |
| Sugars                 | 3g | Added Sugars        |      | Potassium    | 332mg |
| Dietary Fiber          | 6g | Polyunsaturated Fat |      | Zinc         |       |
| Lactose                |    | Monounsaturated Fat |      | Phosphorus   |       |
| Sucrose                |    | Cholesterol         | 0mg  |              |       |
| Vitamin A(U)           |    | Vitamin D           | 0mcg | Thiamin      |       |
| Vitamin A(RE)          |    | Vitamin E           |      | Niacin       |       |
| Vitamin C              |    | Folate              |      | Riboflavin   |       |
| Magnesium              |    | Vitamin B-6         |      | Vitamin B-12 |       |
| Monosodium             |    | Sulphites           |      | Nitrates     |       |

### Additional Images

