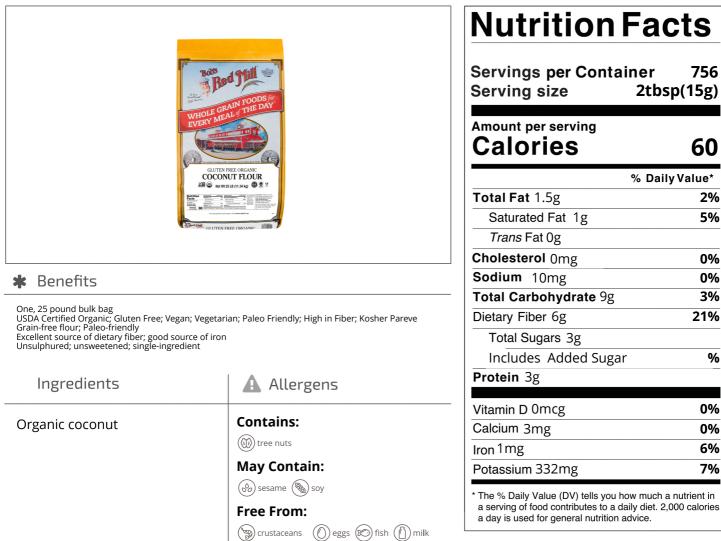


BOB'S RED MILL 004969 - *Flour Organic Coconut

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

(S) peanuts (wheat



Handling Suggestions	Product Specifications									
Keeps best refrigerated or frozen. Use as per recipe.	Br	Brand		Manufacturer					Product Category	
	BOB'S I	RED MILL	BOB'S	5 RED MILI	_ NATUF	S INC	INC Flour & Cornmea			
Serving Suggestions	MFG	#	SPC #		GTIN		Pac	k	Pack Desc.	
Can be used as coating for chicken, fish or other proteins in place of regular flour or cornmeal.	P1020	070	004969 000		039978108159		1		1 / ea	
	Gross W	eight Ne	t Weight	Catch Wei	ght Co	untry of Ori	gin K	osher	Child Nutrition	
Prep & Cooking Suggestions	25.51	b	25lb	No		USA		Yes	No	
Use as per recipe.	Shipping Information									
	Length	Width	Height	Volume	TIxHI	Shelf Lif	e Sto	orage	Temp From/To	
	26in	13in	3.81in	0.75ft3	5x16	365DAY	s	32	°F / 71°F	

Saladi



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Nutrition Analysis - By Serving

Calories	60	Total Fat	1.5g	Sodium	10mg
Protein	3	Trans Fats	Og	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(IU)•		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



