

Nutrition Facts	
1 serving per container	
Serving size	1 package (34g)
Amount Per Serving	
Calories	120
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 14mg	1%
Total Carbohydrate 25g	8%
Dietary Fiber 3g	12%
Total Sugars 16g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 50mg	5%
Iron 0mg	0%
Potassium 290mg	8%

*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.

Ingredients: Jackfruit and vegetal oil (rice bran oil). **MAY CONTAIN COCONUT AND PEANUT.** Product of Vietnam. Keep in a cool and dry place. Once opened consume within 5 days. Packaged in a protective atmosphere.



Distributed by: Genuine Coconut, INC. 420 Lexington ave., STE. 300 NEW YORK, NY 10170.

Nutrition Facts	
1 serving per container	
Serving size	1 package (40g)
Amount Per Serving	
Calories	130
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 16mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	14%
Total Sugars 19g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 335mg	9%

*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.

Ingredients: Jackfruit, vegetal oil (rice bran oil) and Peri Peri seasoning (Red chili pepper, Salt, Vegetal powder (garlic and tomato) and citric acid.) **MAY CONTAIN COCONUT AND PEANUT.** Product of Vietnam. Keep in a cool and dry place. Once opened consume within 5 days. Packaged in a protective atmosphere.



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Nutrition Facts	
1 serving per container	
Serving size	1 package (45g)
Amount Per Serving	
Calories	150
% Daily Value*	
Total Fat 4g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	10%
Total Sugars 17g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 520mg	15%

*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.

Ingredients: Banana and vegetal oil (rice bran oil). **MAY CONTAIN COCONUT AND PEANUT.** Product of Vietnam. Keep in a cool and dry place. Once opened consume within 5 days. Packaged in a protective atmosphere.



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% Daily Value*	
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Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	10%
Total Sugars 17g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 520mg	15%

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Ingredients: Banana, vegetal oil (rice bran oil) and Peri Peri seasoning (Red chili pepper, Salt, Vegetal powder (garlic and tomato) and citric acid.) **MAY CONTAIN COCONUT AND PEANUT.** Product of Vietnam. Keep in a cool and dry place. Once opened consume within 5 days. Packaged in a protective atmosphere.



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Nutrition Facts

1 serving per container

Serving size 1 package (40g)

Amount Per Serving

Calories 150

% Daily Value*

Total Fat 4g 6%

Saturated Fat 1g 4%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 15mg 1%

Total Carbohydrate 30g 10%

Dietary Fiber 2g 8%

Total Sugars 23g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 65mg 2%

*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.

Ingredients: Mango and vegetal oil (rice bran oil).

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Nutrition Facts

1 serving per container

Serving size 1 package (45g)

Amount Per Serving

Calories 170

% Daily Value*

Total Fat 4g 7%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 16mg 1%

Total Carbohydrate 32g 10%

Dietary Fiber 3g 10%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 70mg 2%

*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.

Ingredients: Taro, vegetal oil (rice bran oil) and Himalayan pink salt.

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Nutrition Facts

1 serving per container

Serving size 1 package (45g)

Amount Per Serving

Calories 180

% Daily Value*

Total Fat 5g 7%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 150mg 6%

Total Carbohydrate 35g 12%

Dietary Fiber 4g 16%

Total Sugars 9g

Includes 1g Added Sugars 2%

Protein 1g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 250mg 6%

*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.

Ingredients: Purple sweet potato, vegetal oil (rice bran oil) and barbecue seasoning (Contain 2% or less of: Sugar, tomato powder, salt, smoke flavor, onion, garlic, sunflower oil, spices and rosemary extract.)

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Nutrition Facts

1 serving per container

Serving size 1 package (34g)

Amount Per Serving

Calories 210

% Daily Value*

Total Fat 19g 29%

Saturated Fat 17g 87%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 78mg 3%

Total Carbohydrate 10g 3%

Dietary Fiber 6g 24%

Total Sugars 4g

Includes 3g Added Sugars 6%

Protein 2g

Vitamin D 0mcg 0%

Calcium 3mg 0%

Iron 0mg 0%

Potassium 270mg 7%

*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.

Ingredients: Organic **COCONUT**, coconut sugar and vanilla extract.

Contains: COCONUT. MAY CONTAIN PEANUT.

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Nutrition Facts

1 serving per container

Serving size 1 package (34g)

Amount Per Serving

Calories 190

% Daily Value*

Total Fat 16g 25%

Saturated Fat 14g 70%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 210mg 9%

Total Carbohydrate 10g 3%

Dietary Fiber 5g 21%

Total Sugars 5g

Includes 4g Added Sugars 7%

Protein 3g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 1mg 6%

Potassium 270mg 8%

*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.

Ingredients: Organic **COCONUT, PEANUT** butter, coconut sugar and salt.

Contains: COCONUT AND PEANUT. Product of India.

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Nutrition Facts

1 serving per container

Serving size 1 package (34g)

Amount Per Serving

Calories 230

% Daily Value*

Total Fat 20g 31%

Saturated Fat 19g 95%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 130mg 5%

Total Carbohydrate 12g 4%

Dietary Fiber 6g 22%

Total Sugars 4g

Includes 3g Added Sugars 5%

Protein 3g

Vitamin D 0mcg 0%

Calcium 3mg 0%

Iron 0mg 0%

Potassium 325mg 9%

*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.

Ingredients: Organic **COCONUT**, cocoa powder, coconut sugar and vanilla extract.

Contains: COCONUT. MAY CONTAIN PEANUT. Product of India.

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