



# LARGE COCONUT FLAKES

Oversize, unsweetened coconut, great for garnish or baking.

Without sugar, the pure coconut flavor shines through.

Ideal in any recipe calling for flaked coconut, or coconut flakes.

**3867**

© NET WT 5 OZ (142g)

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KING ARTHUR FLOUR | NORWICH, VERMONT 05055

kingarthurfour.com | 800.827.6836

# Nutrition Facts

Serving Size 3 tablespoons (12g)  
Servings Per Container about 11

## Amount Per Serving

**Calories** 80      **Calories from Fat** 70

**% Daily Value\***

**Total Fat** 8g      **12%**

Saturated Fat 7g      **35%**

**Sodium** 0mg      **0%**

**Total Carbohydrate** 3g      **1%**

Dietary Fiber 2g      **8%**

Sugars 1g

**Protein** 1g

**Iron** 2%

Not a significant source of trans fat, cholesterol, vitamin A, vitamin C and calcium.

\*Percent Daily Values are based on a 2,000 calorie diet.

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Looking for recipes  
using this product?

Visit the recipe  
archives at  
[kingarthurfLOUR.com](http://kingarthurfLOUR.com)

Store cool and dry.

**INGREDIENTS:** COCONUT.

Produced on equipment that also processes  
eggs, milk, soy, wheat, almonds, hazelnuts,  
walnuts, and pecans.

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