

Edward & Sons 2024

ORGANIC BAGGED COCONUT

Recipe on back of each package



#V520



#V521



#V522



#V523



#V524



Suitable for vegan, gluten free, Paleo and many other special diets, Let's Do Organic Coconut contains no sweeteners, preservatives or whiteners.

They are delicious and versatile ingredients that will enhance your favorite trail mixes, breakfast cereals and baked goods. However you enjoy it, Let's Do Organic Coconut is sure to become a family favorite!



Edward & Sons Trading Co., Inc.

805.684.8500

The Coconut People®

Convenience Without Compromise®



ORGANIC BAGGED COCONUT

#V520 OG SHREDDED COCONUT

Nutrition Facts	
About 15 servings per container	
Serving Size 2 1/2 Tbsp (15g)	
Amount per serving	
Calories 100	
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 3g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vit. D 0mg 0% • Calcium 4mg 0%	
Iron 0mg 0% • Potas. 80mg 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 nutritional advice.



Ingredients:
Organic Coconut
(shredded and dehydrated).



CASE COUNT:
12
CASE GROSS WT (LBS):
6.7
CASE DIMENSIONS (IN):
13.25 X 10 X 6
RETAIL UNIT DIMENSIONS (IN):
5.2 X 1.5 X 8
RETAIL UNIT NET WT:
8 OZ.
Product of Sri Lanka



#V521 OG REDUCED FAT SHRED COCONUT

Nutrition Facts	
About 15 servings per container	
Serving Size 4 Tbsp (16g)	
Amount per serving	
Calories 90	
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 7g	3%
Dietary Fiber 6g	21%
Total Sugars less than 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vit. D 0mg 0% • Calcium 2mg 0%	
Iron 1mg 4% • Potas. 80mg 2%	



Ingredients:
Organic Coconut
(shredded & dehydrated).



CASE COUNT:
12
CASE GROSS WT (LBS):
7.7
CASE DIMENSIONS (IN):
12.8 X 8.3 X 10.5
RETAIL UNIT DIMENSIONS (IN):
5 X 1.5 X 9
RETAIL UNIT NET WT:
8.8 OZ.
Product of Sri Lanka

#V522 OG COCONUT FLAKES

Nutrition Facts	
About 13 servings per container	
Serving Size 2 1/2 Tbsp (15g)	
Amount per serving	
Calories 100	
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 3g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vit. D 0mg 0% • Calcium 4mg 0%	
Iron 0mg 0% • Potassium 80mg 2%	



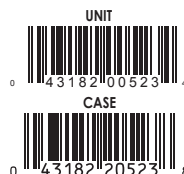
Ingredients:
Organic Coconut
(sliced & dehydrated).



CASE COUNT:
12
CASE GROSS WT (LBS):
6.4
CASE DIMENSIONS (IN):
10.3 X 14.5 X 7
RETAIL UNIT DIMENSIONS (IN):
7 X 3 X 9
RETAIL UNIT NET WT:
7 OZ.
Product of Sri Lanka

#V523 OG TOASTED COCONUT FLAKES

Nutrition Facts	
13 servings per container	
Serving Size 3 Tbsp (15g)	
Amount per serving	
Calories 100	
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 3g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vit. D 0mg 0% • Calcium 4mg 0%	
Iron 0mg 0% • Potassium 80mg 2%	



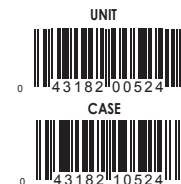
Ingredients:
Organic Coconut
(sliced, dehydrated & toasted).



CASE COUNT:
12
CASE GROSS WT (LBS):
6.4
CASE DIMENSIONS (IN):
14.5 X 10.2 X 7
RETAIL UNIT DIMENSIONS (IN):
7 X 3.5 X 9
RETAIL UNIT NET WT:
7 OZ.
Product of Sri Lanka

#V524 OG COCONUT FLOUR

Nutrition Facts	
About 32 servings per container	
Serving Size 2 Tbsp (14g)	
Amount per serving	
Calories 50	
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 5g	3%
Dietary Fiber 5g	18%
Total Sugars less than 1g	
Includes 0g Added Sugars	0%
Protein 2g	
Vit. D 0mg 0% • Calcium 4mg 0%	
Iron 1.5mg 10% • Potas. 230mg 4%	



Ingredients:
Organic Coconut
Flour.



CASE COUNT:
6
CASE GROSS WT (LBS):
7
CASE DIMENSIONS (IN):
14 X 8.5 X 4.5
RETAIL UNIT DIMENSIONS (IN):
7 X 3 X 10
RETAIL UNIT NET WT:
16 OZ.
Product of Sri Lanka



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Promotional photos and sell sheets of all our products are available to our customers at: edwardandsons.org/docs/NewTradePage/TradePage.htm