



Organic Coconut Oil

native

ideal for cooking, baking and roasting
cold pressed, from controlled organic cultivation

This first-class coconut oil is made from the pulp of the ripe coconut from controlled organic cultivation and is mechanically pressed. It contains a high amount of lauric acid which makes this oil very precious. Its delicate coconut flavour makes it a popular ingredient in Oriental and Asian dishes as well as in the European cuisine. Coconut oil is particularly heat-resistant and, therefore, very suitable for cooking, baking, roasting and frying. Connoisseurs use coconut oil as a spread or simply as an alternative to conventional butter or margarine.

A real treat you should try!

Organic coconut oil can also be used as a valuable cosmetic oil for skin and hair.

Average nutritional values	per 100 ml
Calorific value	3404 kJ/828 kcal
Fat	92,0 g
- of which are saturated fatty acids	86,6 g*
- of which are monounsaturated fatty acids	4,6 g
- of which are polyunsaturated fatty acids	0,8 g
Carbohydrates	0 g
Protein	0 g
Salt	0 g

* of which are min. 46 g lauric acid

Store cool and protected from light.

Organic coconut oil is liquid at temperatures above approx. 25°C.



DE-ÖKO-001
Non-EU-Agriculture

Contents 500 ml

Art. No. 665

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