

Nutrition Facts

Coconut Milk **Serving size (100g)**

Amount Per Serving

Calories

230

www.ihcare.ae % Daily Value*

Total Fat 24g	31%
Saturated Fat 21g	105%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1.62mg	8%
Potassium 329mg	8%
Vitamin C	4%

*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.