

## 305784S Creamed Coconut Block (Blue Dragon)



**Pack Size:** 200G PKT

**Details:** Blue Dragon Creamed coconut is 100% coconut, milled and pressed into a convenient block. It is a really versatile ingredient which you can add small pieces towards the end of cooking a curry to thicken and add creaminess or it can simply be used to make coconut milk. Stir into Asian, Indian and Caribbean dishes.

### Allergen Information

**Free from:**

Cereal, Celery, Crustaceans, Eggs, Fish, Lupin, Milk, Molluscs, Mustard, Sesame, Sulphur Dioxide, Soya

**May contain:**

Nuts, Peanuts

**Suitable for:**

Vegetarians, Vegan

### Handling Information

**Directions For Use:**

Pop some small pieces into a sauce to add creamy thickness, or grate it and use as desiccated coconut. Can be used to make coconut milk.

**Directions to make up:**

Pour 400ml boiling water into a jug and add 100g Blue Dragon Creamed Coconut block.

**Storage Instructions:**

Store in a cool, dry place. Once opened keep refrigerated and use within 4 weeks. This product may turn to liquid under warm conditions but this will not affect it's quality or performance.

### Product Ingredients

**Product Ingredients:**

Made with 100% Coconut.

### Nutritional Information

**Typical Values per 100g/ml:**

Based on a reference intake of an average adult (8400kJ/2000kCal) diet

**Energy:**

685 kcal / 2825 kJ

**Fat:**

64 g

**of which saturates:**

58 g

**Carbohydrates:**

14 g

**of which sugars:**

5.8 g

**Fibre:**

No Data

**Protein:**

7.2 g

**Salt:**

0.04 g



All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.