

COCONUT SYRUP



Curd (A dairy product obtained by coagulating milk) and coconut syrup, a mix that Sri Lankans love to have at any time of the day. Coconut syrup has been a preferred sweetener for Sri Lankans for ages.

Producers tap the coconut flower (blossom) and collect the coconut sap that flows from it which is then heated to evaporate moisture till it turn into a thick golden syrup. Today coconut syrup is growing in popularity as one of the most preferred sweeteners due to its state of low glycemic rating (GI). With lower GI in the range of 35, it is a healthy sweetener alternative to cane sugar (58-65), corn syrup (87), maple syrup (54) that ensure consumption of it will only raise your blood sugar levels lower than the rest of the above alternative sweeteners.

Further it is high in amino acids, vitamins and mineral content that distinguish coconut syrup as one of the most healthy sweetener options available

Key highlights about Coconut Syrup

Ingredients – Coconut Blossom nectar

What great about - Low in Glycemic Index (GI), Vegan, Gluten Free, Cholesterol Free, Non GMO, Lactose Free

Preparation Instructions – open and add as a sweetener to garnish your desert.

Production Facility - ISO22000 Certified.

Nutritional Panel

Nutritional Information - 350ml		
Servings per package	12	
Serving size - 2 Table spoons	30ml	
	100g	30ml
Energy Value	1297Kj / 310Kcal	389Kj / 93Kcal
Total Fat	0g	0g
of which saturated fat	0g	0g
Total carbohydrate	78g	24g
of which sugar	69g	21g
Dietary fiber	0g	0g
Protein	0g	0g
Salt	0.015g	0.005g

- Origin - Sri Lanka
- Shelf Life - 24 Months from the date of Manufacture
- Storage - Store in a cool dry place away from direct sunlight.
- Allergen - Coconut Only