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Ilo Coconen

100 % plant-based cheese alternative



Ilo Coconen is made from coconut milk, sauerkraut and canola oil. Sauerkraut brings out the "cheese" flavor without any added artificial flavors. Lactic acid bacteria are responsible for the fermentation of both cheese and sauerkraut.

Use Coconen as cheese: slice it on your bread or use in cooking!

Available packaging: 245 g
Sales carton: 10 x 245 g

Ingredients: Coconut milk, modified starch, starch, canola oil, water, sea salt, thickening agent (tar gum), lactic acid (vegan), sauerkraut (white cabbage, carrot, sea salt), preservative (sorbic acid), color (beta-carotene).

Nutritional value/ 100 g: energy 1340 kJ/320 kcal, fat 25 g of which saturated fat 9 g, carbohydrates 23,5 g of which sugar 1,1 g, protein 0,9 g, salt 1,8 g.



- Dairy free
- Lactose free
- Gluten free
- Soy free
- Nuts free
- No added flavors
- Good for vegans

Ilo Pizzatopping for vegans

100 % plant-based cheese alternative to be used as topping for pizza.

Package size: 175 g
Sales carton: 10 x 175g



Ingredients: Water, modified potato starch, palm oil (RSPO responsibly produced), dietary fiber (bamboo), salt, emulsifying salts (E330, E339), flavoring, preservative (E202), color (E160a), anti-caking agent corn starch.

Nutritional value/ 100 g: energy 11800 kJ/284 kcal, fat 22 g of which saturated fat 11 g, carbohydrates 22,4 g of which sugar 0 g, protein 0 g, salt 2,4 g.



Ilo Coconen and Ilo Pizzatopping for vegans are produced in Jämsä, Finland. We manufacture a large selection of cheese and vegetable spreads. Our top priority is to supply high quality, innovative delicacy products. Our factory is FSSC 22000 certified. Finnish Cheese Company has specialized in gourmet spreads since 2002.

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