

# Thai Desserts By Albatross

Thai desserts, or 'Kanom Thai', have unique, colorful appearances and distinct flavors. The company has select high-quality, fresh and firm ingredients to offer an authentic way to top off your Thai food meal.

## DESSERT LIST

TODDY PALM MIXED RED KIDNEY BEAN IN SYRUP  
ASSORTED BEAN IN LONGAN SYRUP  
GINKGO MIXED YOUNG COCONUT AND WATER CHESTNUT IN SYRUP  
STICKY RICE IN COCONUT CREAM WITH LONGAN  
PUMPKIN IN COCONUT CREAM  
BANANA IN COCONUT CREAM  
BLACK BEAN IN COCONUT CREAM  
COCONUT CHIPS



Desserts from Albatross are retorted products, constructed from a multi-layer plastic which is able to withstand thermal processing used for sterilization and preventing desserts from spoiling. Moreover, dessert containers and pouches are eco friendly as they produce less green house gas (GHG) emissions than metal cans and can be recycled.



Customers can be guaranteed that all pathogenic and toxin forming bacteria in the desserts are killed, as well as all other types of bacteria which could grow in the desserts and cause spoilage. This typically results in a shelf life of 12 months or more.

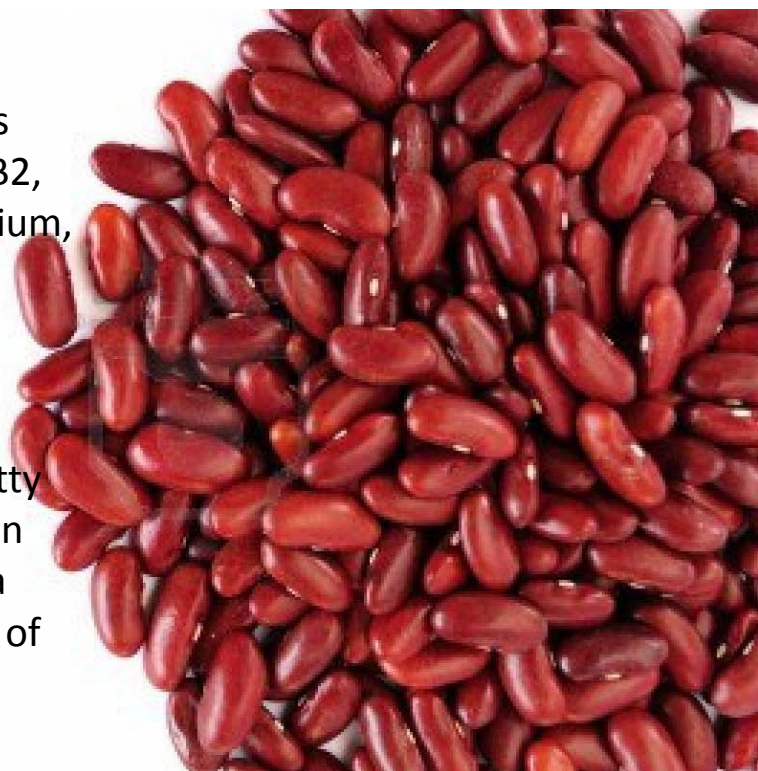
## TODDY PALM MIXED RED KIDNEY BEAN IN SYRUP



Toddy Palm contains Vitamin A, B and also Vitamin C in the form of ascorbic acid. It is rich in minerals too. Minerals such as Potassium, Iron, Calcium, Phosphorous and Zinc are found in the fruit.



Red bean contains Vitamin C, K, B1, B2, B6, folic acid, calcium, iron, magnesium, phosphorus, potassium, zinc, copper, selenium, Omega 3 and 6 fatty acids, fiber, protein and energy. Also a wonderful source of antioxidants.



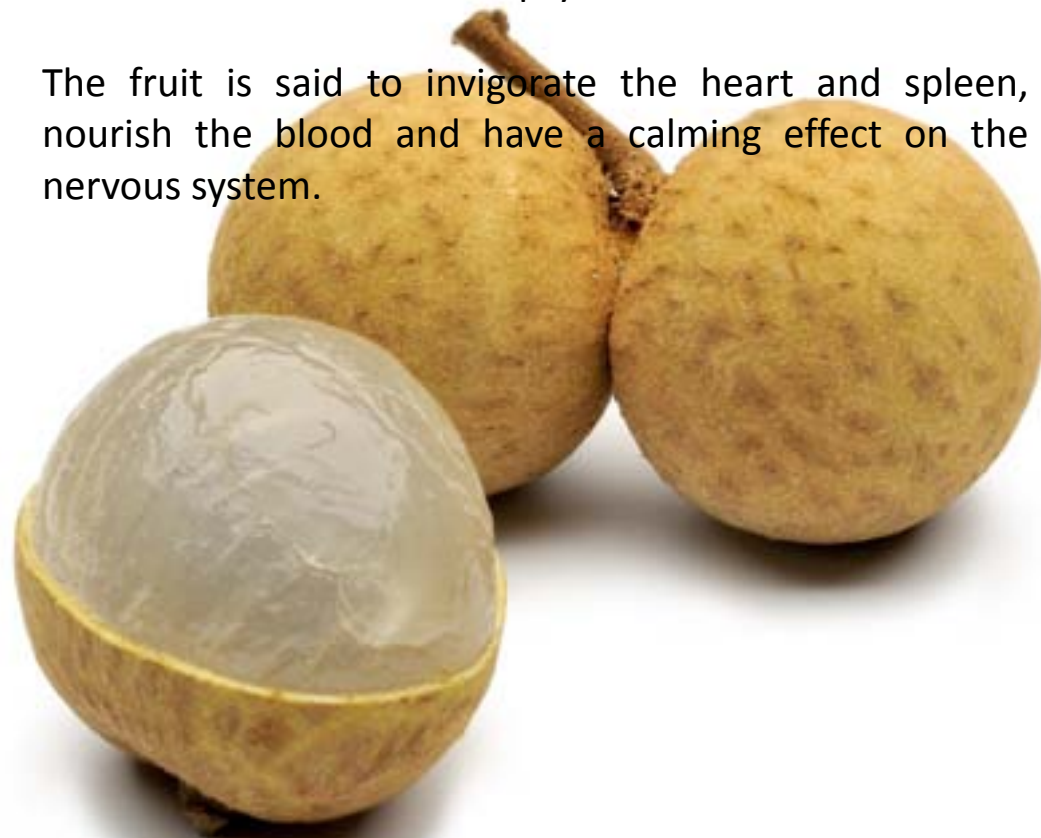
## ASSORTED BEAN IN LONGAN SYRUP



Longan contains rich amount of Vitamin C that is equal to 80% of daily requirement. It also contains minerals like iron, phosphorus, magnesium and potassium. It is also rich in Vitamin A and essential in anti-oxidants.

Longan is also used as remedy for stomach ache, insomnia, amnesia, and dropsy.

The fruit is said to invigorate the heart and spleen, nourish the blood and have a calming effect on the nervous system.



## GINKGO MIXED YOUNG COCONUT AND WATER CHESTNUT IN SYRUP



Ginkgo is also an excellent herbal supplement and antioxidant, which contains rich ingredients like crude protein, crude fat, reducing sugar, nucleoprotein, minerals, crude fiber, and multivitamins etc. According to reliable analysis, every 100g of fresh nuts contains 13.2g protein, 72.6g carbohydrate, 1.3g fat, vitamin C, riboflavin, carotenoids, various microelements like Ca, P, Fe, Se, K, Mg, and 8 amino acids.



Water Chestnut is cholesterol-free and fat-free food. It can lower the risk for heart disease and stroke by maintaining blood cholesterol level.



It also contains essential vitamins; Vitamin DV of riboflavin and DV of thiamin. Vitamin supports healthy brain and immune function, while thiamin and riboflavin your body convert food into energy.

# Benefit of coconut cream

Because creamed coconut is essentially the concentrated meat of the coconut, it has the same nutritional value. It contains pure coconut oil, has no cholesterol and is high in dietary fiber and potassium. One ounce of creamed coconut contains 194 calories, 1.5 grams of protein, 19.5 grams of fat and 156 milligrams of potassium, according to the U.S. Department of Agriculture Nutrient Database. Concentrated coconut contains the fatty acids, lauric acid and capric acid. These fatty acids have antimicrobial and antibacterial components.

The antiviral properties of the lauric acid (the same type of saturated fat found in abundance in human breast milk) in coconut are being found to have effects on herpes simplex and other viruses. Scientists and researchers have been encouraging mothers to feed their infants with breast milk because the supernutrients in it can help infants fight off intrusive viruses and bacteria. When lauric acid (in coconut cream) converts to monolaurin (an anti-viral, antibacterial, and antiprotozoal monoglyceride), it boosts your immune system and defends your body against many viruses, including hepatitis C, herpes and even the deadly HIV!

Besides, it carries important anti-carcinogenic and anti-pathogenic properties, which can help prevent you from cancer attack. Many microbes that are resistant to drugs used to fight infection may be overcome with the fatty acids in coconut cream.

Furthermore, it improves digestion and bowel function, relieving problems such as constipation and irritable bowel syndrome. It also promotes normal brain development and contributes to healthier and stronger bones, which is especially important for kids and elderly.

The saturated fat encased in coconut cream is actually healthy good fat that your body can easily metabolize and turn into energy fast, without raising your blood cholesterol level and adding pounds to your weight. In other words, it doesn't transform into bad cholesterol that may clog up your arteries.

More importantly, coconut cream is less likely to make you fat than polyunsaturated oils, by speeding up your metabolism. As mentioned earlier, energy is burned off faster to cope with your activity level, rather than stored as fat.

## STICKY RICE IN COCONUT CREAM WITH LONGAN



Black sticky rice contains high levels of the antioxidant anthocyanins. Anthocyanin is a water soluble antioxidant that is common in blue and purple fruits.

It has high fiber content because the bran is intact and is not processed. It helps reduce blood pressure and decrease the risk of coronary heart disease.

It also contains high amounts of vitamin E, a fat soluble vitamin with antioxidant properties, a rich source of the B vitamins. Those vitamins play an integral role in the functioning of the metabolism and nervous system. Additionally, black sticky rice is abundant in iron, magnesium and selenium, which assist in transporting oxygen through the body, energy production and maintaining a healthy immune system.

Black sticky rice may help reduce inflammation because it has anti-inflammatory properties that reduce allergy, asthma and other disease symptoms.

## PUMPKIN IN COCONUT CREAM



Pumpkin contains beta-carotene, a provitamin that is converted to vitamin A in the body. Known for its immune-boosting powers, beta-carotene is essential for eye health and has also been linked to preventing coronary heart disease. It also contains fiber, protein, vitamin K, which may reduce the risk for some types of cancer.





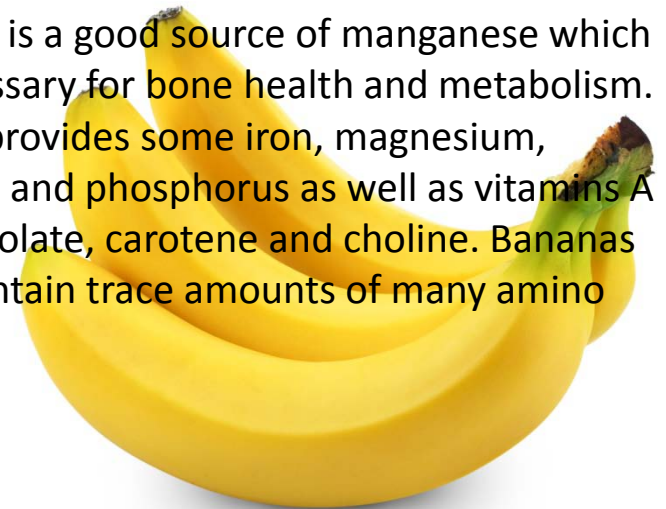
## Banana in Coconut Cream



Banana is known for its high potassium content which is necessary for good nerve and muscle function as well as for maintaining a healthy balance of fluids in the body. The potassium in bananas can help prevent muscle cramps after exercise. It also contains a good amount of vitamin C, which boosts your immune system and cell health and improves the absorption of other nutrients such as iron.

Moreover, bananas are an excellent source of vitamin B-6, also called pyridoxine to grow new cells.

Banana is a good source of manganese which is necessary for bone health and metabolism. It also provides some iron, magnesium, calcium and phosphorus as well as vitamins A and E, folate, carotene and choline. Bananas also contain trace amounts of many amino acids.



# Coconut Chips

## Nutrition Facts

Serving Size: 50 g.

Serving Per Container : 1

### Amount per serving

**Calories** 337.5      **Calories from Fat** 289.5

		%Daily Value*
<b>Total Fat</b>	32.0 g.	49.2 %
Saturated Fat	28.5 g.	142.5 %
<b>Saturated Fat</b>	0 mg.	0 %
<b>Protein</b>	3.5 g.	
<b>Total Carbohydrate</b>	12.5 g .	4.2 %
Dietary Fiber	9.0 g.	
Sugar	3.5 g.	36.0 %
<b>Sodium</b>	0 mg.	0 %

<b>Vitamin A</b>	0 %	<b>Vitamin B 1</b>	0 %
<b>Vitamin B 2</b>	0 %	<b>Calcium</b>	0 %
<b>Iron</b>	10.7 %		

\* Percent Daily Values are based on a 2,000 calories diet. Your Daily Values may be higher or lower depending on your calorie needs

Total Fat	less than	65 g.
Sat Fat	less than	20 g.
Cholesterol	less than	300 mg.
Sodium	less than	2400 mg.
Total Carbohydrate		300 g.
Dietary Fiber		25 g.

Calories per gram : Fat = 9; Protien = 4; Carbohydrate = 4

## Protein and Fiber

A 1-cup serving of coconut contains 3.5 grams of protein toward the daily goal of 46 grams for women and 56 grams for men. Protein rebuilds cells and helps you maintain healthy tissues and muscles. The same serving of coconut provides 9 grams of dietary fiber. The American Heart Association recommends that you consume at least 25 grams of fiber each day. Fiber reduces your risk of constipation and hemorrhoids by encouraging proper digestion and regular bowel movements. The nutrient might lower your risk of heart disease, diabetes and certain types of cancer as well.

## Iron

Coconut is a good source of iron, the 8 milligrams men need each day and the 18 milligrams women require. Iron is crucial for the formation of hemoglobin, which is the protein in red blood cells that is responsible for getting oxygen to each part of your body. Without enough iron, your cells don't get sufficient oxygen, which can lead to weakness and fatigue. You also need adequate amounts of iron to support your immune system.

## Zinc

One cup of shredded coconut provides 1.69 milligrams of zinc toward the daily goal of 8 milligrams for women and 11 milligrams for men. Zinc is a mineral crucial to the strength and health of your immune system, and it also plays a critical role in wound healing. The mineral supports normal cell division and enables you to taste, see and smell properly as well.