

KETOVIE CAFÉ CHEDDAR DOUGH

Wednesday, August 22, 2018



SKU 15701
 NET WEIGHT 1.5 LB (685 G)
 SERVING SIZE 1 ball (28 g)
 SERVINGS PER PACKAGE 24



ketogenic ratio



net carbs (total carbs - total fiber)

Nutrition Facts

24 servings per container

Serving Size:

1 ball (28 g)

Amount per serving

Calories 130

% Daily Value*

Total Fat 12.5g 17%

Saturated Fat 6g 35%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 150mg 10%

Total Carbohydrate 6.1g 2%

Dietary Fiber 5.4g 18%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 3.4g

Vitamin D 0mcg 0%

Calcium 135mg 10%

Iron 1mg 1%

Potassium 94mg 2%

Phosphorus 63mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

KetoVie Café Cheddar Dough has a 3:1 ketogenic ratio and makes the creation of roll and bake recipes easy. For more recipes, see ketovie.com. KetoVie Café Cheddar Dough is a great snack or meal addition for individuals following the spectrum of ketogenic diets. Each container contains 24 pre-portioned delicious, high in fat, low in net carb, cheddar dough balls.

INGREDIENTS

Cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto), non-hydrogenated palm oil, cellulose, coconut flour, konjac glucomannan.

Contains milk and nuts. May contain soy.

DIRECTIONS FOR USE

Thaw dough to prepare for use in Cheddar Crisp Recipe below or other recipes available on ketovie.com. Do not eat raw dough. Follow recipe directions for baking at proper temperatures and for specified times.

Cheddar Crisps

1 Cheddar Dough ball (28g)

Preheat oven to 350 degrees F. Knead dough ball and divide evenly into 7 smaller balls, 1/2 tsp rounded (4g) each. Roll each ball between your hands until smooth. Press between two sheets of parchment paper using a tortilla press or roll thin with a rolling pin. Gently lift flattened dough and place on ungreased baking sheet. Season with salt if desired. Bake 5-6 minutes or until edges start to brown. Makes 7 crisps.

If storing product refrigerated, consume within 3 days of receipt. For extended shelf life, freeze upon receipt for up to one year. Once thawed, consume within 3 days. Recommend freezing container and using the pre-portioned servings as needed.