

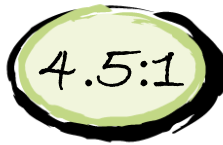
# product information

## KETO VIE CAFÉ KWIK MIX

Tuesday, January 16, 2018



SKU 15201  
 NET WEIGHT 1.5 LB (680 G)  
 SERVING SIZE 1/4 cup (28 g)  
 SERVINGS PER PACKAGE 24



ketogenic ratio



net carbs (total carbs - total fiber)

### Nutrition Facts

24 servings per container  
**Serving Size 1/4 cup (28 g)**

Amount per serving

**Calories 142**

% Daily Value\*

|                                 |            |
|---------------------------------|------------|
| <b>Total Fat</b> 12.2g          | <b>15%</b> |
| Saturated Fat 4g                | <b>20%</b> |
| Trans Fat 0g                    |            |
| <b>Cholesterol</b> 0mg          | <b>0%</b>  |
| <b>Sodium</b> 178mg             | <b>8%</b>  |
| <b>Total Carbohydrate</b> 11.7g | <b>4%</b>  |
| Dietary Fiber 10.6g             | <b>39%</b> |
| Total Sugars 0.4g               |            |
| Includes 0g Added Sugars        | <b>0%</b>  |
| <b>Protein</b> 1.6g             |            |
| Vitamin D 0mcg                  | 0%         |
| Calcium 23mg                    | 2%         |
| Iron 1mg                        | 6%         |
| Potassium 235mg                 | 6%         |
| Phosphorus 34mg                 | 2%         |

\*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 Kwik Mix (4.5:1 ketogenic ratio) is a quick mix baking blend that can be used to create a variety of delicious recipes to incorporate into the spectrum of ketogenic diets. Bake your favorite baked goods, like muffins, cookies, waffles, quick breads and more.

KetoVie Café Kwik Mix is a nut based mix and the texture will look more like a nut flour versus other standard baking mixes.

#### INGREDIENTS

Cellulose, organic palm fruit oil, almond flour, macadamia nut meal, psyllium husk powder, cream of tartar, less than 2% silicon dioxide (anti-caking), baking soda (sodium bicarbonate), salt, mixed tocotrienols (maltodextrin, modified food starch) (to preserve freshness).

Contains nuts.

#### DIRECTIONS FOR USE

Once open, reseal bag and store in refrigerator to preserve freshness for up to 6 months.

To make a 4 oz (112g) serving of waffles or pancakes (4:1 ratio):

- 1/4 cup (28g) Kwik Mix
- 2 Tbs (30g) heavy cream, 36%
- 1/4 cup (37g) egg, beaten well
- 2 tsp (10g) canola oil
- 2 tsp (7g) water

Heat griddle or waffle iron; grease with oil. Whisk all ingredients until blended and pour on hot greased pancake griddle or in a greased waffle iron. Cook pancakes on both sides until golden or bake waffles until toasty golden brown.