

product information

KETOVIE CAFÉ KWIK MIX

Monday, November 28, 2016



SKU 15201

NET WEIGHT 1.5 LB (680 G)

SERVING SIZE 1/4 cup (28 g)

SERVINGS PER PACKAGE 24

4.5:1

ketogenic ratio

A quick to mix baking blend to create pancakes, waffles, quick breads and more for incorporating into the spectrum of ketogenic diets.

1.1g

net carbs
(total carbs - total fiber)

Nutrition Facts

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

Amount per serving

Calories 163

% Daily Value*

Total Fat 12.2g 15%

Saturated Fat 4g 20%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 178mg 8%

Total Carbohydrate 11.7g 4%

Dietary Fiber 10.6g 39%

Total Sugars 0.4g

Includes 0g Added Sugars 0%

Protein 1.6g

Vitamin D 0mcg 0%

Calcium 23mg 2%

Iron 1.1mg 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.

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.

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. Also contains corn.

