

KETO VIE CAFÉ BROCCOLI CHEDDAR SOUP

Thursday, November 29, 2018



SKU 15607
 NET WEIGHT 6 OZ (172 G)
 SERVING SIZE 1.5 oz (43 g)
 SERVINGS PER PACKAGE 4



ketogenic ratio



net carbs (total carbs - total fiber)

Nutrition Facts	
4 Servings per container	
Serving Size: 1.5 oz (43 g)	
Amount per serving	
Calories	261
% Daily Value*	
Total Fat 24.3g	31%
Saturated Fat 16.5g	85%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 184mg	8%
Total Carbohydrate 9g	3%
Dietary Fiber 4.4g	14%
Total Sugars 3.9g	
Includes 0g Added Sugars	0%
Protein 5.9g	
Vitamin D 2mcg	10%
Calcium 166mg	15%
Iron 1mg	6%
Potassium 320mg	6%
Phosphorus 150mg	10%

*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 Broccoli Cheddar Soup is a creamy broccoli and cheddar blend that, with the addition of cream and butter, is a quick-to-prepare tasty meal addition for individuals following the spectrum of ketogenic diets (2.3:1 ketogenic ratio dry and 3.2:1 ketogenic ratio when prepared following the directions). Or when you are on the go, grab a soup packet and just add water for a convenient meal. Contains 4 individual packets per box.

INGREDIENTS

Creamer (pasteurized sweet cream, skim milk solids, sodium caseinate, soy lecithin), broccoli, cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto [vegetable color]), medium chain triglycerides, gum arabic, konjac glucomannan, onion powder, garlic powder. Contains milk and soy.

DIRECTIONS FOR USE

To make one serving of soup:

In a saucepan, mix 1 packet of soup with 1½ cups water (or chicken broth - may change ratio), 2 tsp (10g) heavy whipping cream and 2 tsp (10g) butter. Bring to a boil, whisk very well and remove from heat. Cover with lid and let sit for 7-9 minutes. Prepared ratio: 3.2:1

Store in a cool, dry place.