

product information

KETOVIE CAFÉ KWIK MIX

Tuesday, January 11, 2022



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 135

% Daily Value*

Total Fat 12.2g **16%**

Saturated Fat 7.2g **36%**

Trans Fat 0.1g

Cholesterol 0mg **0%**

Sodium 180.7mg **8%**

Total Carbohydrate 11.8g **4%**

Dietary Fiber 10.2g **36%**

Total Sugars 0.4g

Includes 0g Added Sugars **0%**

Protein 1.4g

Vitamin D 0mcg **0%**

Calcium 44.3mg **3%**

Iron 0.7mg **4%**

*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 (4:1 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 hearty blend of keto nutritious almond flour, macadamia nut meal, psyllium husk powder which has a delicious all natural texture, taste and appearance.

INGREDIENTS

Medium chain triglyceride oil, gum arabic, powdered cellulose, almonds, raw macadamia nuts, psyllium, cream of tartar, contains less than 2% of baking soda, salt, silicon dioxide, mixed tocopherols. Contains tree nuts.

DIRECTIONS FOR USE

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.

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

MLF15201D

CAMBROOKE™

866 456 9776 cambrooke.com ketoviecafe.com info@ketovie.com

© Ajinomoto Cambrooke, Inc. All Rights Reserved.

Aj
AJINOMOTO