

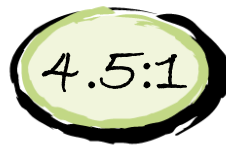
product information

KETO VIE CAFÉ KWIK MIX

Monday, July 02, 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*

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

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.