

KETO VIE CAFÉ MUSHROOM SPINACH FRITTATA

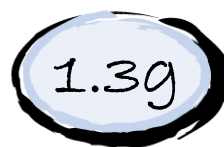
Wednesday, August 29, 2018



SKU 15604
 NET WEIGHT 9 OZ (245 G)
 SERVING SIZE 1/4 tray (61 g)
 SERVINGS PER PACKAGE 4



ketogenic ratio



net carbs (total carbs - total fiber)

Nutrition Facts		
4 servings per container		
Serving Size: 1/4 tray (61 g)		
Amount per serving		
Calories		190
% Daily Value*		
Total Fat	19.4g	24%
Saturated Fat	10g	50%
Trans Fat	0g	
Cholesterol	102mg	33%
Sodium	176mg	8%
Total Carbohydrate	1.6g	1%
Dietary Fiber	0.3g	0%
Total Sugars	0.9g	
Includes	0g Added Sugars	0%
Protein	3.6g	
Vitamin D	1mcg	6%
Calcium	47mg	4%
Iron	1mg	6%
Potassium	97mg	2%
Phosphorus	72mg	6%

*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 Mushroom and Spinach Frittata is a goat cheese and vegetable medley with a 4:1 ketogenic ratio with only 1.2g net carbs (total carbs minus total fiber). Use KetoVie Café Mushroom and Spinach Frittata as a main dish for a delicious meal. Each tray contains four delicious servings.

INGREDIENTS

Heavy whipping cream, eggs, spinach, butter (cream, natural flavoring), olive oil, portabella mushrooms, goat cheese (pasteurized goat milk, salt, cheese culture, vegetable rennet), lecithin (sunflower), vegetable blend (carrots, onion, tomato, spinach, celery, bell pepper), salt. Contains milk and eggs.

DIRECTIONS FOR USE

Microwave: Pull film back slightly. Microwave on medium power until thawed, then microwave for 1 minute or until desired temperature. Oven from frozen: Preheat oven to 350° F. Remove film. Bake for 10-15 minutes.

Keep frozen until use.