

KETO VIE CAFÉ SPINACH & FETA QUICHE

Monday, November 05, 2018



SKU 15605
 NET WEIGHT 14 OZ (390 G)
 SERVING SIZE 1 quiche (65g)
 SERVINGS PER PACKAGE 6



ketogenic ratio



net carbs (total carbs - total fiber)

Nutrition Facts		
6 servings per container		
Serving Size: 1 quiche (65g)		
Amount per serving		
Calories 290		
% Daily Value*		
Total Fat	28.6g	37%
Saturated Fat	14.3g	70%
Trans Fat	0g	
Cholesterol	80mg	27%
Sodium	261mg	10%
Total Carbohydrate	7.3g	3%
Dietary Fiber	5.9g	21%
Total Sugars	0.9g	
Includes	0g Added Sugars	0%
Protein	5.7g	
Vitamin D	0mcg	0%
Calcium	113mg	8%
Iron	1mg	6%
Potassium	96mg	2%
Phosphorus	125mg	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 Spinach & Feta Quiche is a blend of eggs, vegetables and feta cheese in a cheesy dough crust. It has a 4:1 ketogenic ratio with only 1.4g net carbs (total carbs minus total fiber). Use KetoVie Café Spinach & Feta Quiche as a main dish for a delicious meal. Each package contains six delicious individual servings.

INGREDIENTS

Crust: cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto), non-hydrogenated palm oil, cellulose, coconut flour, konjac glucomannan. Filling: heavy whipping cream, eggs, butter (cream, natural flavoring), spinach, olive oil, feta cheese (cultured pasteurized milk, salt, enzymes), lecithin (sunflower), salt.

Contains eggs, milk and tree nuts. May contain soy.

DIRECTIONS FOR USE

Remove quiche from foil tin. Microwave on medium power to thaw. Then, microwave about 1 minute or to desired temperature adjusting time and power as needed. Do not microwave foil tin.

Keep frozen until use.