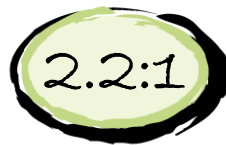


KETO VIE CAFÉ TOMATO BASIL SOUP

Thursday, August 06, 2020



SKU 15606
 NET WEIGHT 5.6 OZ (158.8 G)
 SERVING SIZE 1.4 oz (39.7 g)
 SERVINGS PER PACKAGE 4



ketogenic ratio



net carbs (total carbs - total fiber)

Nutrition Facts

4 Servings per container

Serving Size:
1.4 oz (39.7 g)

Amount per serving
Calories 237

% Daily Value*

Total Fat	22.3g	29%
Saturated Fat	15.4g	77%
Trans Fat	0.6g	
Cholesterol	59mg	20%
Sodium	135.6mg	6%
Total Carbohydrate	8.8g	3%
Dietary Fiber	2g	7%
Total Sugars	5.3g	
Includes 0g Added Sugars		0%
Protein	3.3g	
Vitamin D	0.8mcg	4%
Calcium	118mg	9%
Iron	1.3mg	7%

*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 Tomato Basil Soup is a blend of cream, tomato and basil that, with the addition of cream and butter, is a quick-to-prepare tasty meal addition for individuals following the spectrum of ketogenic diets (2.2:1 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

Pasteurized sweet cream, tomato powder, medium chain triglycerides, skim milk solids, gum arabic, glucomannan, dehydrated basil, contains less than 2% of sodium caseinate, soy lecithin, 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 5-7 minutes. Prepared ratio: 3.2:1

Store in a cool, dry place.

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