

KETO VIE CAFÉ VEGGIE PATTIE

Wednesday, April 17, 2019



SKU 15608
 NET WEIGHT 12.7 OZ (360 G)
 SERVING SIZE 1 pattie (60 g)
 SERVINGS PER PACKAGE 6



ketogenic ratio



net carbs (total carbs - total fiber)

Nutrition Facts	
6 Servings per container	
Serving Size: 1 pattie (60 g)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 20g	26%
Saturated Fat 6.2g	30%
Trans Fat 0g	
Cholesterol 42mg	33%
Sodium 150mg	7%
Total Carbohydrate 8.7g	3%
Dietary Fiber 6g	24%
Total Sugars 1.4g	
Includes 0.6g Added Sugars	2%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 62mg	4%
Iron 1mg	6%
Potassium 117mg	2%
Phosphorus 39mg	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 Veggie Patties are chicken-flavored patties with a 3:1 ketogenic ratio; 2.7 g net carbs (total carbs minus total fiber). Use KetoVie Café Veggie Patties as an dinner or lunch main dish. Each package contains six delicious servings.

INGREDIENTS

Mushrooms, olive oil, flax seeds, eggs, coconut flour, butter (cream, natural flavoring), mayonnaise, green bell pepper, parmesan cheese, chicken flavor (roasted chicken dark meat with chicken juices, sugar, chicken fat, hydrolyzed soy protein, hydrolyzed corn protein, yeast extract, onion powder, turmeric, disodium inosinate, disodium guanylate, thiamin hydrochloride, corn syrup solids), medium chain triglycerides, glucomannan, xanthan gum, garlic. Contains eggs, milk, soy and tree nuts.

DIRECTIONS FOR USE

Stovetop/Griddle: Preheat a lightly oiled skillet over medium heat. Heat for 5 minutes turning over until lightly browned and crisp. Cook completely until internal temperature reaches 165 degrees F.

Oven: Preheat oven to 350 degrees F. Heat for 10 minutes turning over once until crust is golden.

Keep frozen until use.