

Ketotastic

BY FRANTASTIC EVENTS

	Berry Danish	Butter Tart	Brownie Bite	Cake-Chocolate with Cream Cheese Frosting	Cake-Vanilla with Cream Cheese Frosting	Cheese Cake Brownie Bite	Cheese Cake-Original (crust-less)
SERVING SIZE	1	1	1	1 slice 1/8 cake	1 slice 1/8 cake	1	1
CALORIES	57	209	68.5	215	165	72.3	142.2
TOTAL FAT	3.9g	19g	4.8 g	15.5g	13g	6 g	13.9 g
TOTAL CARBS	3.2g	6.4g	5.6 g	11.6g	6.6g	8.8 g	1.6 g
DIETARY FIBRE	1.6 g	3.5g	3.1 g	4.9g	2.4g	7.4 g	0
NET CARBS	1.6g	2.8g	2.5 g	6.7g	4.2g	1.4 g	1.6 g
SUGAR	3.4g		.3 g			.5 g	1.5 g
PROTEIN	2.9g	3.5g	3.3 g	8.9g	6.4g	2.6 g	3.9 g
INGREDIENTS	blueberries, eggs, cream of tartar, erythritol, coconut flour, lemon juice, cream cheese, vanilla	butter, Swerve, cream, vanilla, xanthan gum, salt, egg, butter,vegetable oil, coconut flour,erythritol	egg, erythritol, chocolate, cocoa powder, coconut flour, salt, vanilla, coffee	egg, erythritol, chocolate, cocoa powder, coconut flour, salt, vanilla, coffee	erythritol, ricotta cheese, egg, butter, coconut flour, baking powder, sea salt, sugar free icing sugar, cream cheese	egg, erythritol, chocolate, cocoa powder, coconut flour, salt, vanilla, coffee, cream cheese, vanilla, egg, lemon juice, salt, erythritol	cream cheese, vanilla, egg, lemon juice, salt, erythritol

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	Cheese Cake- Chocolate (crust- less)	Chocolate Dipped Fresh Strawberry	Cinnamon Bun with Cream Cheese Frosting	Coconut Cluster	Cookie- Chocolate Chip	Cookie - Shortbread	Chocolate with Cream Cheese Frosting
SERVING SIZE	1	1 medium	1	1	1	1	1
CALORIES	150.4	191	242.5	183	138	116	156
TOTAL FAT	14.4 g	15.2 g	20.9 g	15.6g	12.1g	8.7 g	11.2g
TOTAL CARBS	3.6 g	9.4 g	6.2 g	6.6g	4.9g	6.9 g	8.4g
DIETARY FIBRE	1.2 g	5.1 g	3.5 g	4.1g	3g	3.6 g	3.6g
NET CARBS	2.4 g	4.3 g	2.7 g	2.5g	2g	3.3 g	4.8g
SUGAR	1.5 g		1.3 g			.9 g	
PROTEIN	4.6 g	4.2 g	8.8 g	4.1g	22g	2.9 g	6.5g
INGREDIENTS	cream cheese, cocoa powder, egg, lemon juice, salt, erythritol	strawberry, baker's chocolate, erythritol	mozzarella cheese, cream cheese, egg, vanilla, coconut flour, xanthan gum, salt, baking powder, butter, cinnamon, erythritol	butter, sunflower seed butter, cocoa, coconut flakes, erythritol	bakers chocolate, butter, erythritol, coconut flour, vanila, eggs, baking powder	cream cheese, coconut flour, erythritol, vanilla	coconut flour, ricotta cheese, erythritol, egg, cocoa powder, cream cheese

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	Cupcake-Vanilla with Cream Cheese Frosting	Haystacks	Mousse- Chocolate with Berries	Mousse- Chocolate- Orange	Mousse-Lemon	Mouse-Blueberry	Mousse- Strawberry
SERVING SIZE	1	1	1	1	1	1	1
CALORIES	120	147	315	390	222	225	225
TOTAL FAT	9.4g	12.9g	31.3g	39.1g	28.8g	22.8g	22.8g
TOTAL CARBS	4.8g	4.4g	5 g	5.3g	2g	2.6g	2.5g
DIETARY FIBRE	1.7g	2.5g	1.1 g	1.2g	.1g	.1g	.1g
NET CARBS	3.1g	1.9g	3.9 g	4.1g	1.9g	2.5g	2.4g
SUGAR							
PROTEIN	4.7g	2.8g	2.5 g	3g	1.1g	1.2g	1.2g
INGREDIENTS	coconut flour, ricotta cheese, erythritol, egg, cream cheese	coconut oil, coconut, cocoa powder, cocoa butter, erythritol, cocoa nibs	whipping cream, cocoa, erythritol, mixed berries	whipping cream, cocoa, erythritol, orange zest	whipping cream, vanilla, erythritol, lemon zest	whipping cream, blueberries, erythritol, vanilla	whipping cream, vanilla, erythritol, strawberries

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	Pancakes	Bagels	Bread Loaf - 12 slices	Cauliflower "Mac" & Cheese	Cheese Bun	Croutons	Egg Muffin with Goats Cheese
SERVING SIZE	1	1	1 slice	1	1	1	1
CALORIES	232	273	92		208.6	208.6	167
TOTAL FAT	19.9 g	16.9g	5.8g		14.6 g	14.6 g	12.5 g
TOTAL CARBS	3.4 g	12.9g	7.7g		8.9 g	8.9 g	2.9 g
DIETARY FIBRE	1.8 g	8g	4.9g		4.1 g	4.1 g	1.2 g
NET CARBS	1.6 g	4.9g	2.7g		4.8 g	4.8 g	1.7 g
SUGAR	0	1.8g			.6 g	.6 g	
PROTEIN	8 g	19.1g	2.3g		12.7 g	12.7 g	11.2 g
INGREDIENTS	egg, coconut flour, coconut oil, baking soda, cream of tartar, erythritol	egg, coconut flour, baking powder, mozzarella cheese, cream cheese	egg, coconut flour, cream of tartar, butter, baking soda, apple cider vinegar		mozzarella cheese, cream cheese, coconut flour, baking powder, Italian seasoning, egg, cheddar cheese	mozzarella cheese, cream cheese, coconut flour, baking powder, Italian seasoning, egg, cheddar cheese	egg, spinach, bacon, goat cheese, sea salt

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	NU Pasta	Pizza Base	Pizza-Cheese	Pizza-Pepperoni	Pizza-Mushroom & Bacon	Tex-Mex Meatballs	Zucchini Lasagna
SERVING SIZE	1	Whole	1/3 Pizza	1/3 Pizza	1/3 Pizza	1	1
CALORIES	210	433	344	392	459		
TOTAL FAT	1g	35.4 g	26.1 g	30 g	33 g		
TOTAL CARBS	6g	7.2 g	6.3 g	6 g	11.3 g		
DIETARY FIBRE	6g	3 g	1 g	1 g	2.6 g		
NET CARBS	0g	4.2 g	5.3 g	5 g	8.8 g		
SUGAR	0g	2.8 g					
PROTEIN	1g	24.1 g	20.9 g	29.3 g	26.5 g		
INGREDIENTS	Water, konjack flour, soy flour, calcium hydroxide	mozzarella cheese, coconut flour, egg, cream cheese, salt, rosemary	mozzarella cheese, coconut flour, egg, cream cheese, salt, rosemary, tomato sauce, cheddar cheese, mozzarella cheese, Havarti cheese, Italian spices	mozzarella cheese, coconut flour, egg, cream cheese, salt, rosemary, tomato sauce, mozzarella cheese, pepperoni, Italian spices	mozzarella cheese, coconut flour, egg, cream cheese, salt, rosemary, tomato sauce, mozzarella cheese, tomato, bacon, mushroom, Italian spices		

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