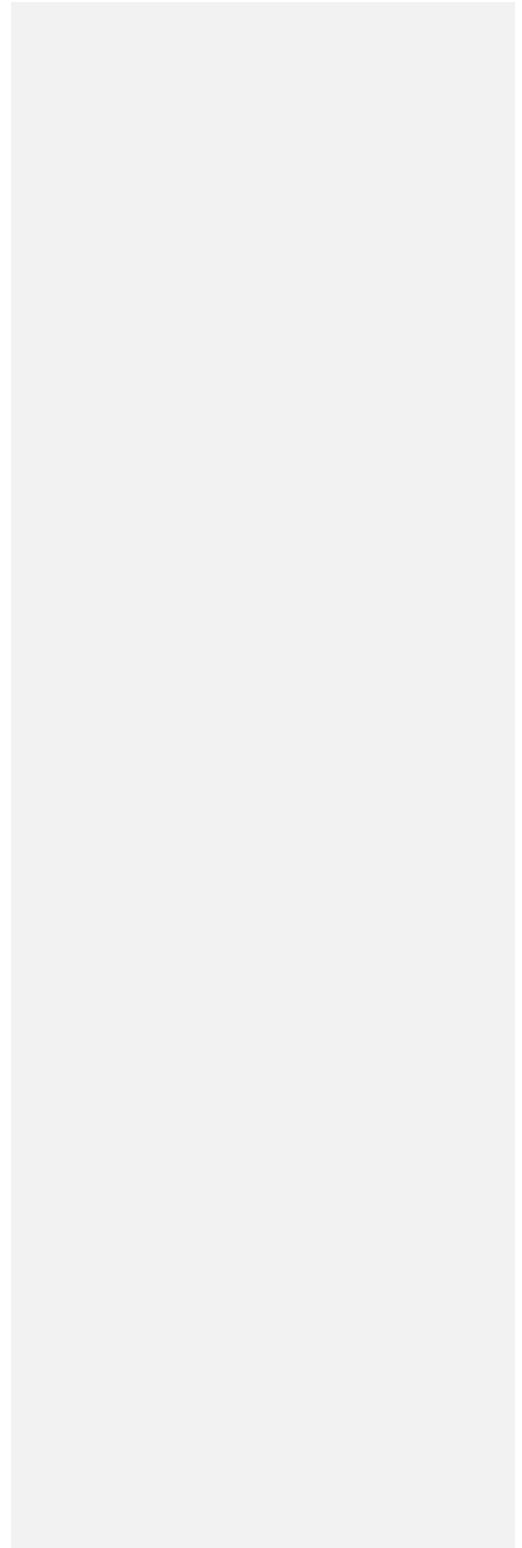


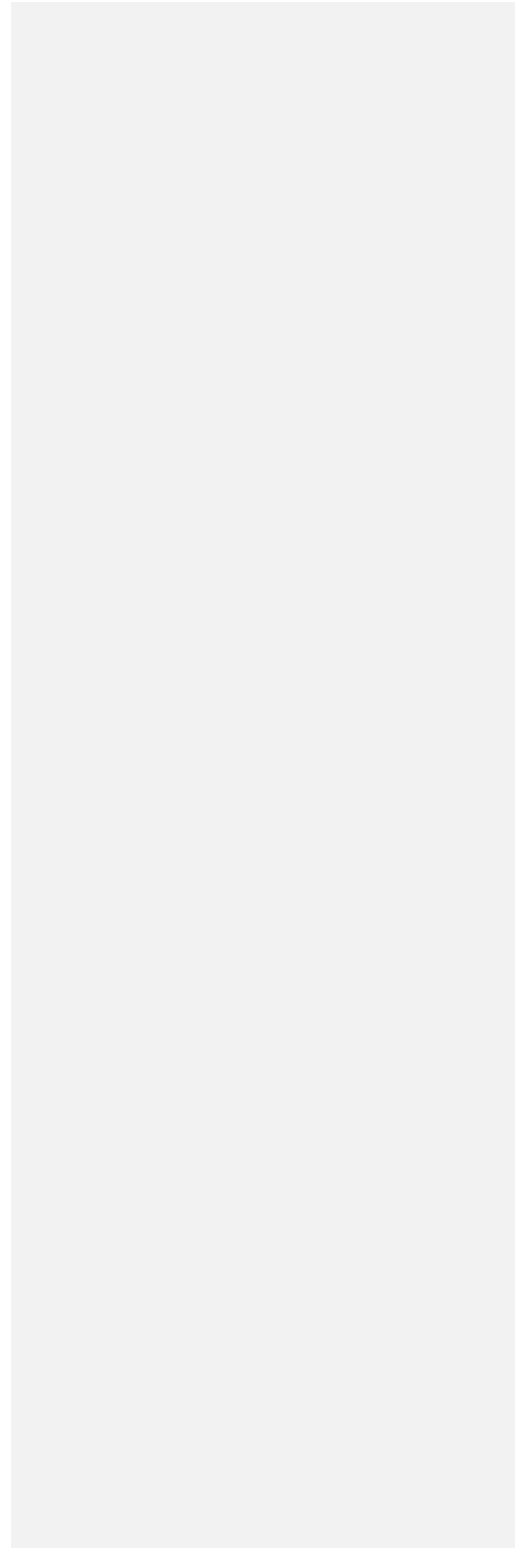
Keto Mini Bundt Cakes – Chocolate (Vegan)

Servings:	1
Amount per serving:	1 cake
<i>Nutritional Breakdown:</i>	
Calories:	309.9
Total Carbs:	12.5g
Net Carbs:	1.2g
Diabetic Carbs:	1.8g
Fiber:	10.2g
Starch:	2.2g
Sugar:	0.9g
Added Sugar:	--
Sugar Alcohols:	1.1g
Protein:	6.5g
Fat:	26.6g
Cholesterol:	0
Glycemic Load:	0.9



Keto Mini Bundt Cakes – Lemon (Vegan)

Servings:	1
Amount per serving:	1 cake
<i>Nutritional Breakdown:</i>	
Calories:	339.5
Total Carbs:	38.4g
Net Carbs:	6.1g
Diabetic Carbs:	16.8g
Fiber:	11.0g
Starch:	2.4g
Sugar:	2.3g
Added Sugar:	--
Sugar Alcohols:	21.3g
Protein:	10.8g
Fat:	23.9g
Cholesterol:	0
Glycemic Load:	1.0

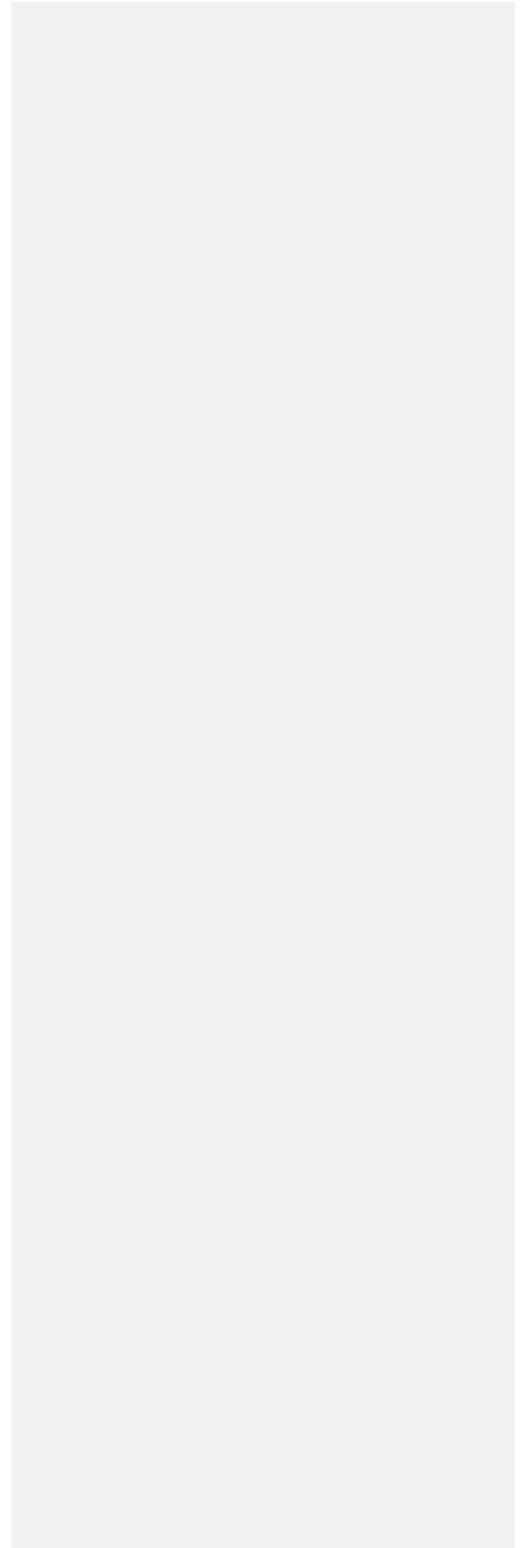


Keto Donuts – Chocolate (Dairy-Free)

Servings: 1
Amount per serving: 1 donut

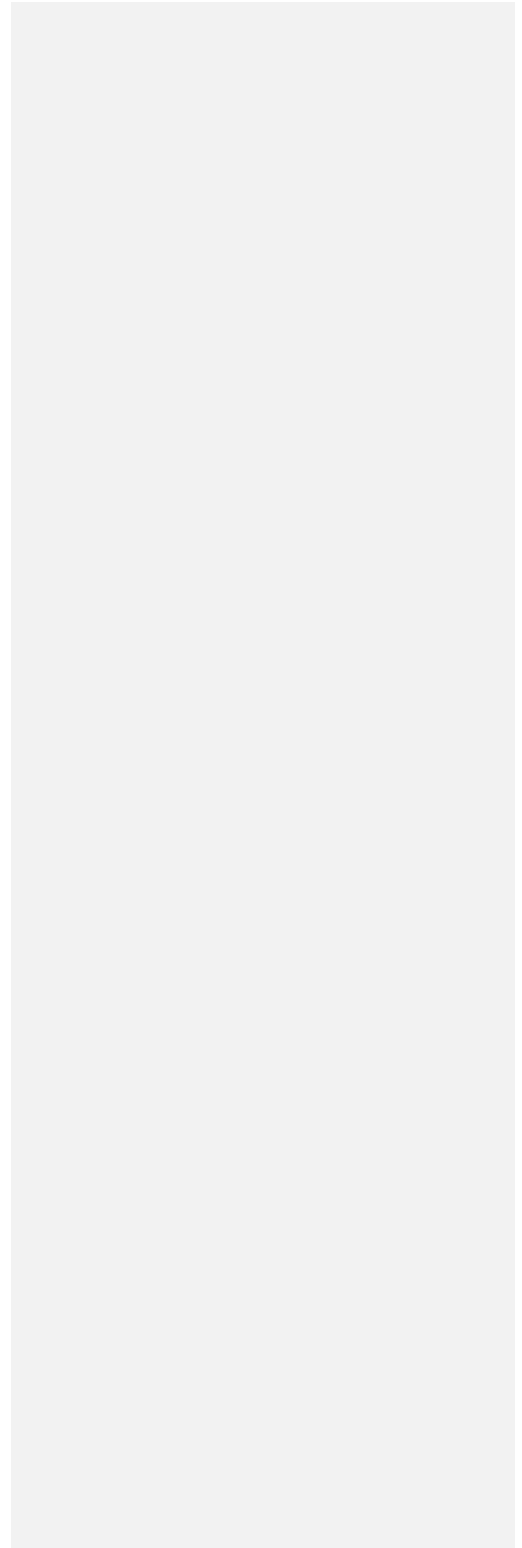
Nutritional Breakdown:

Calories: 247.7
Total Carbs: 30.8g
Net Carbs: 3.2g
Diabetic Carbs: 15.2g
Fiber: 3.6g
Starch: 0.9g
Sugar: 1.2g
Added Sugar: --
Sugar Alcohols: 24.0g
Protein: 7.8g
Fat: 19.6g
Cholesterol: 46.3mg
Glycemic Load: 0.7



Keto Magic Bars (Egg-Free/Dairy-Free)

Servings:	2
Amount per serving:	½ bar
<i>Nutritional Breakdown:</i>	
Calories:	271
Total Carbs:	23.3g
Net Carbs:	5.6g
Diabetic Carbs:	12.4g
Fiber:	4.1g
Starch:	0.4g
Sugar:	3.7g
Added Sugar:	--
Sugar Alcohols:	13.7g
Protein:	8.9g
Fat:	22g
Cholesterol:	0
Glycemic Load:	0.1

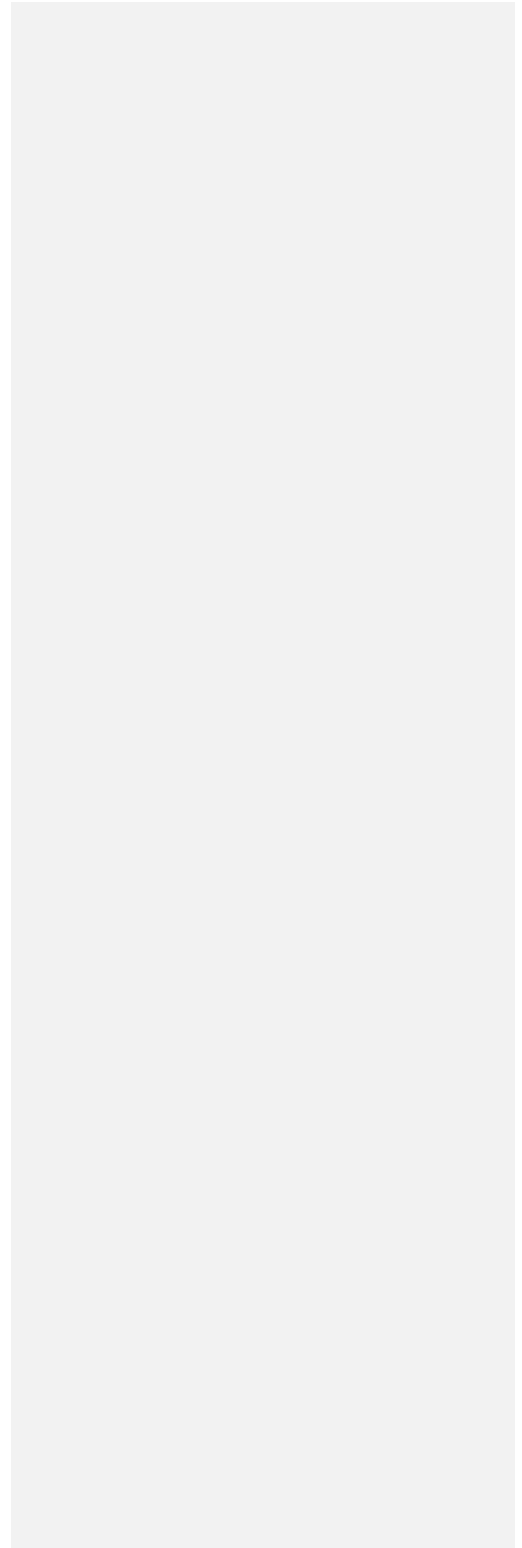


X - Keto Chocolate Espresso Brownies (Egg-Free/Dairy-Free)

Servings: 2
Amount per serving: ½ brownie

Nutritional Breakdown:

Calories: 324
Total Carbs: 46.5g
Net Carbs: 4.6g
Diabetic Carbs: 20.6g
Fiber: 10g
Starch: 2.3g
Sugar: 1.8g
Added Sugar: --
Sugar Alcohols: 32g
Protein: 9.5g
Fat: 23.5g
Cholesterol: 0
Glycemic Load: 1.0

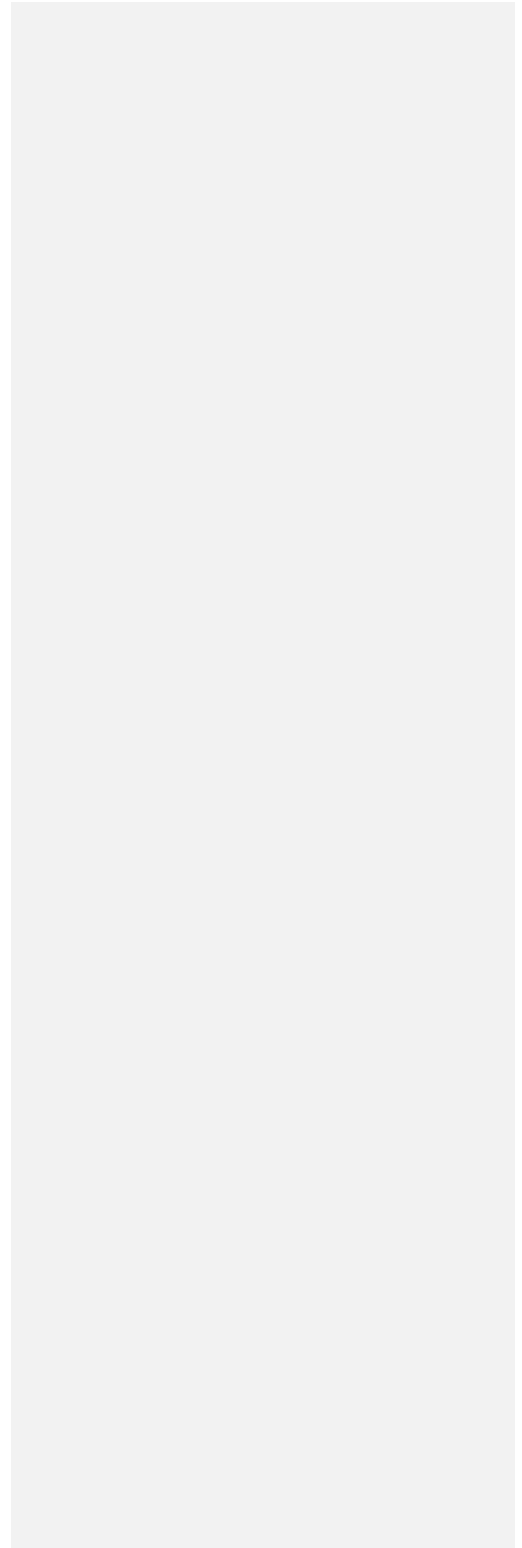


X - Keto Fat Head Bites

Servings: 1
Amount per serving: 1 container

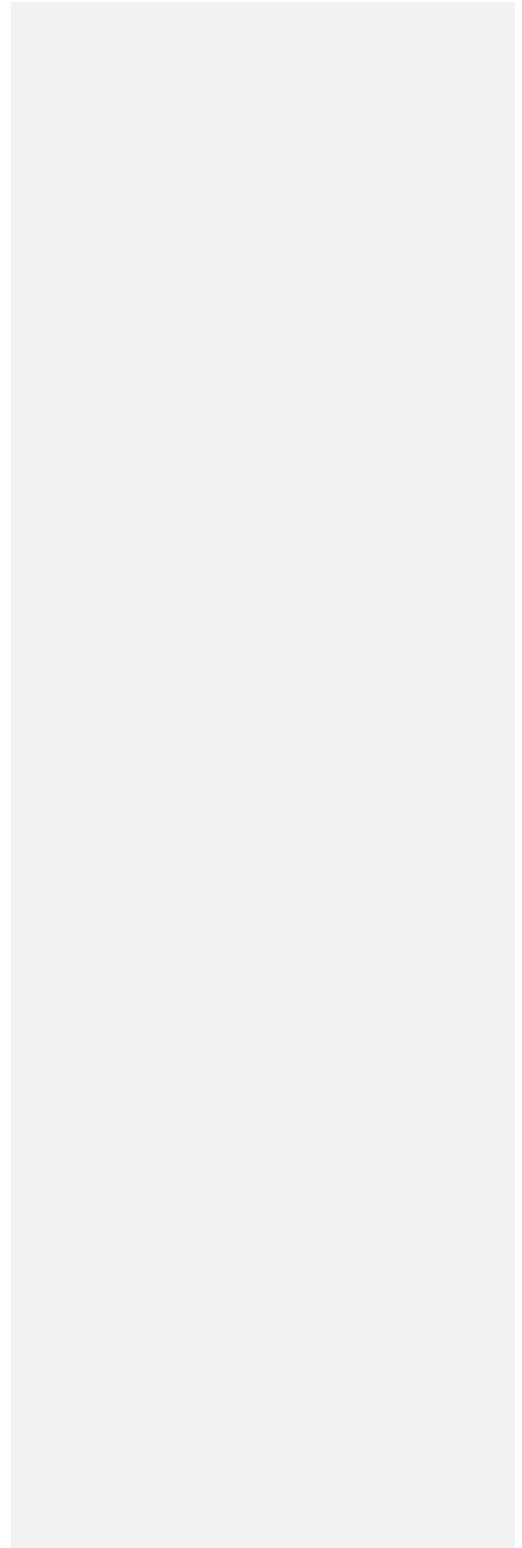
Nutritional Breakdown:

Calories: 412.5
Total Carbs: 9.7g
Net Carbs: 4.5g
Diabetic Carbs: 5.4g
Fiber: 3.4g
Starch: 0g
Sugar: 1.7g
Added Sugar: --
Sugar Alcohols: 1.7g
Protein: 18.5g
Fat: 33.2g
Cholesterol: 119mg
Glycemic Load: 0



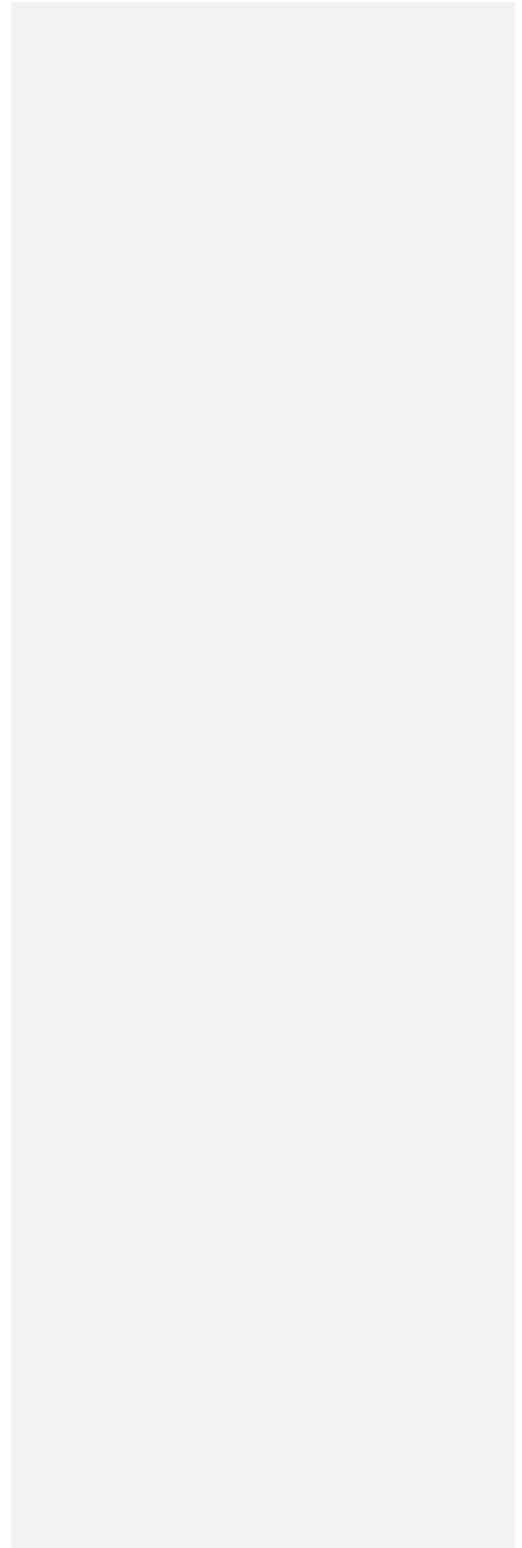
X - Keto Fat Bombs - Peanut Butter

Servings:	4
Amount per serving:	1 bomb
<i>Nutritional Breakdown:</i>	
Calories:	86.2
Total Carbs:	5.0g
Net Carbs:	2.3g
Diabetic Carbs:	3.3g
Fiber:	0.7g
Starch:	0g
Sugar:	2.0g
Added Sugar:	--
Sugar Alcohols:	2.0g
Protein:	3.0g
Fat:	7.2g
Cholesterol:	6.3mg
Glycemic Load:	0



Keto Cupcakes – Lemon Blueberry

Servings:	1
Amount per serving:	1 cupcake
<i>Nutritional Breakdown:</i>	
Calories:	265.3
Total Carbs:	36.9g
Net Carbs:	3.9g
Diabetic Carbs:	19.9g
Fiber:	3.7g
Starch:	0.9g
Sugar:	2.3g
Added Sugar:	--
Sugar Alcohols:	32g
Protein:	8.6g
Fat:	20.2g
Cholesterol:	111.9
Glycemic Load:	0.5

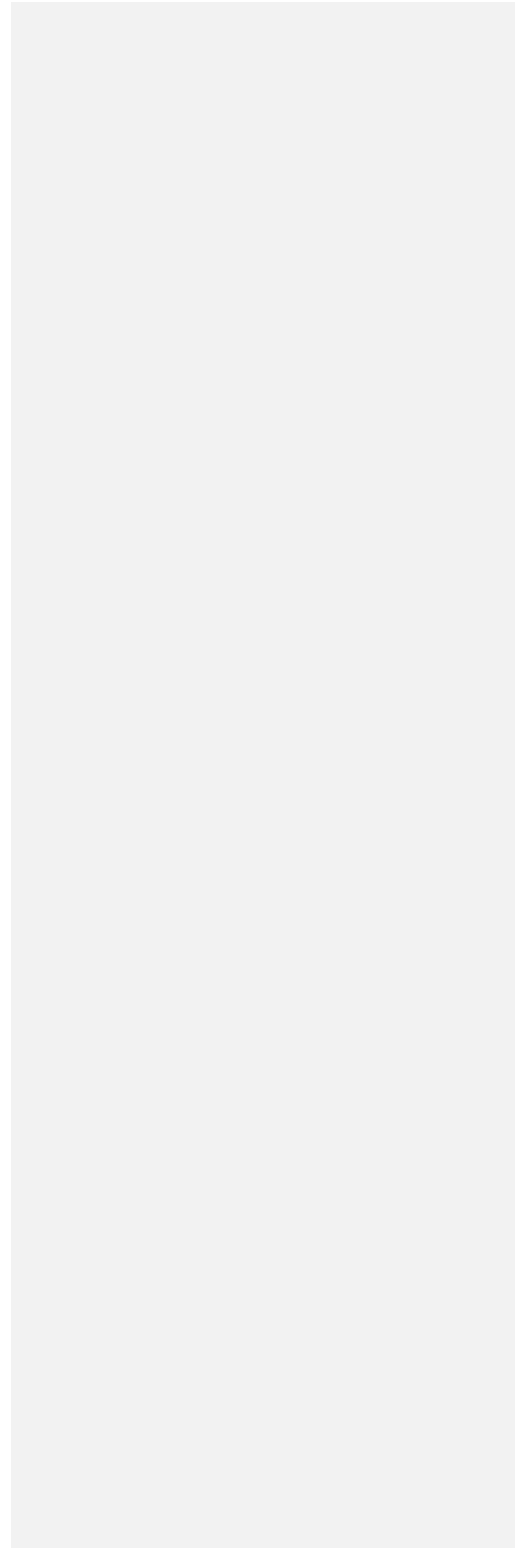


Keto Cupcakes - Buckeye

Servings: 1
Amount per serving: 1 cupcake

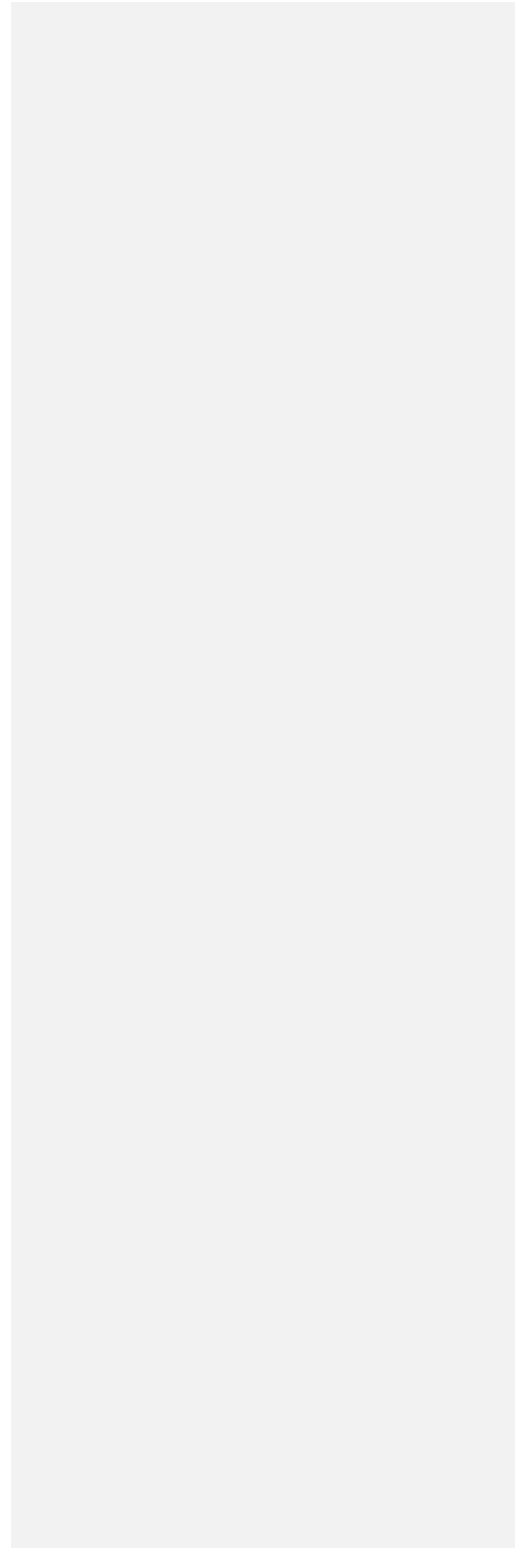
Nutritional Breakdown:

Calories: 284.1
Total Carbs: 39.8g
Net Carbs: 4g
Diabetic Carbs: 20g
Fiber: 3.8g
Starch: 0.9g
Sugar: 2.3g
Added Sugar: --
Sugar Alcohols: 32g
Protein: 9.3g
Fat: 22.1g
Cholesterol: 112.1mg
Glycemic Load: 0.4



Keto Cupcakes - Peanut Butter

Servings:	1
Amount per serving:	1 cupcake
<i>Nutritional Breakdown:</i>	
Calories:	305.5
Total Carbs:	17.6g
Net Carbs:	5.2g
Diabetic Carbs:	9.2g
Fiber:	4.3g
Starch:	0.9g
Sugar:	3.3g
Added Sugar:	--
Sugar Alcohols:	8g
Protein:	10g
Fat:	25g
Cholesterol:	81.3mg
Glycemic Load:	0.4

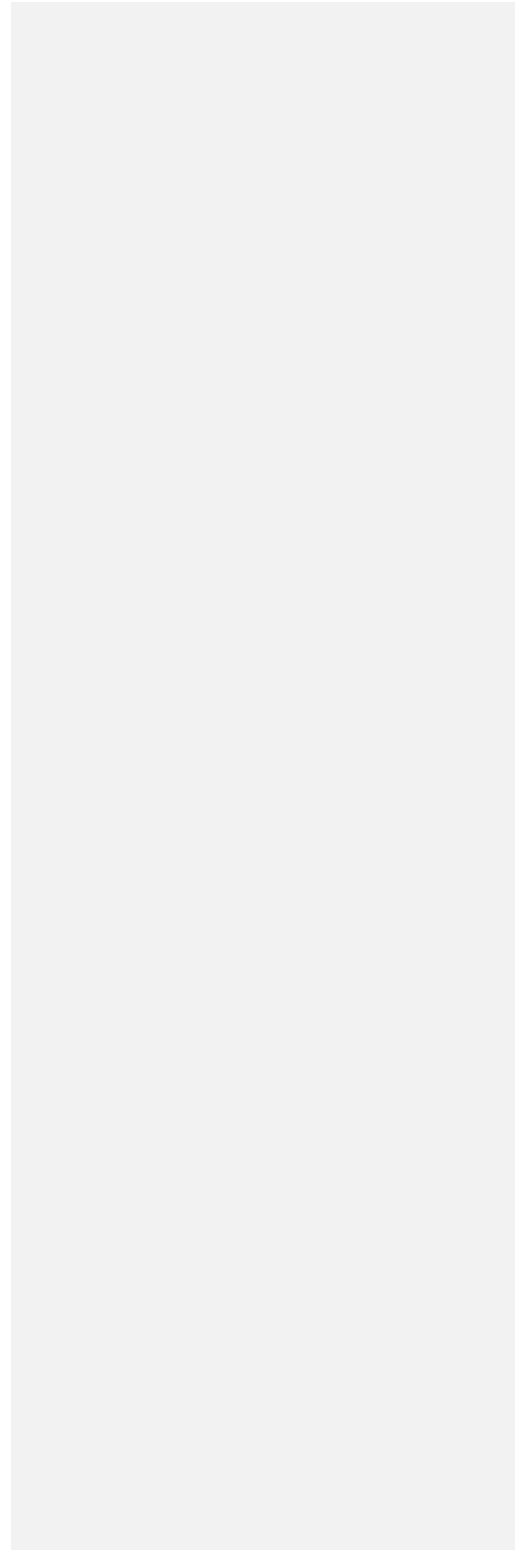


X - Keto Multi Seed Dinner Rolls (Dairy-Free)

Servings: 4
Amount per serving: 1 roll

Nutritional Breakdown:

Calories: 191.7
Total Carbs: 14.7g
Net Carbs: 2.8g
Diabetic Carbs: 3.3g
Fiber: 10.9g
Starch: 0.7g
Sugar: 1.0g
Added Sugar: --
Sugar Alcohols: 1.0g
Protein: 7.8g
Fat: 12.1g
Cholesterol: 30.8mg
Glycemic Load: 0.2

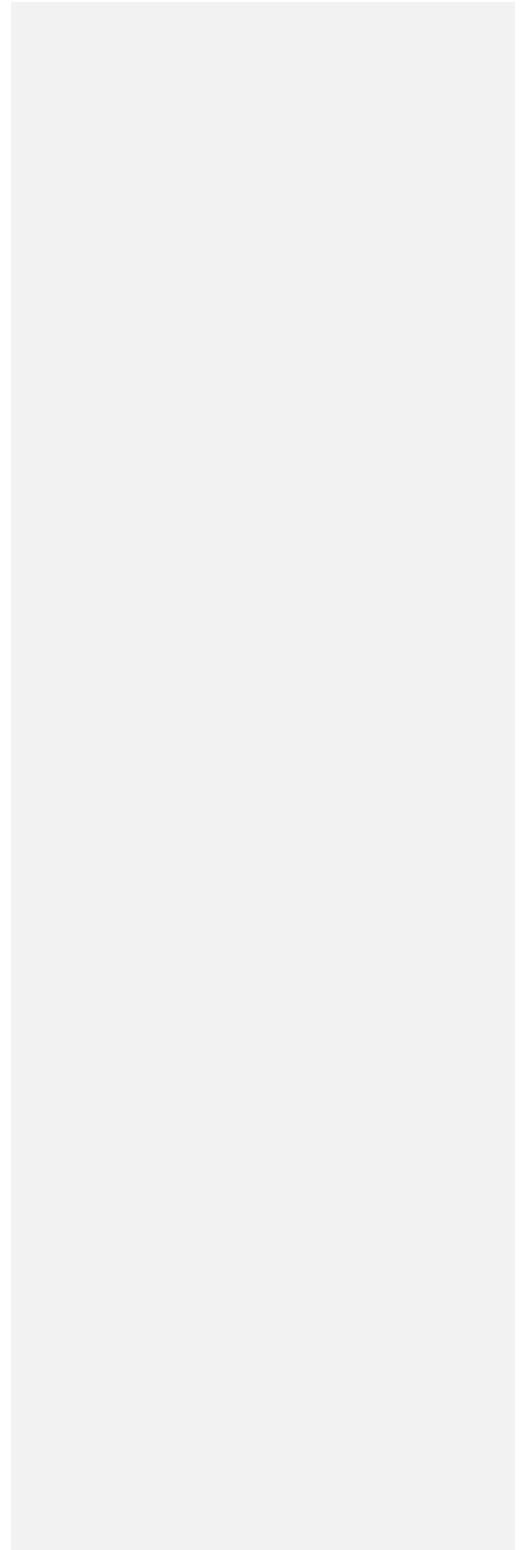


Keto Cookies - Pumpkin Spice

Servings: 1
Amount per serving: 1 cookie

Nutritional Breakdown:

Calories: 125.6
Total Carbs: 13.7g
Net Carbs: 1.4g
Diabetic Carbs: 6.7g
Fiber: 1.6g
Starch: 0.2g
Sugar: 0.7g
Added Sugar: --
Sugar Alcohols: 10.7g
Protein: 3.7g
Fat: 10.4g
Cholesterol: 39.3mg
Glycemic Load: 0.2



X - Keto Fat Bombs- Strawberry Cheesecake

Servings: 1

Amount per serving: 1 bomb

Nutritional Breakdown:

Calories: 53.3

Total Carbs: 4.2g

Net Carbs: 0.7g

Diabetic Carbs: 2.4g

Fiber: 0.1g

Starch: --

Sugar: 0.6g

Added Sugar: --

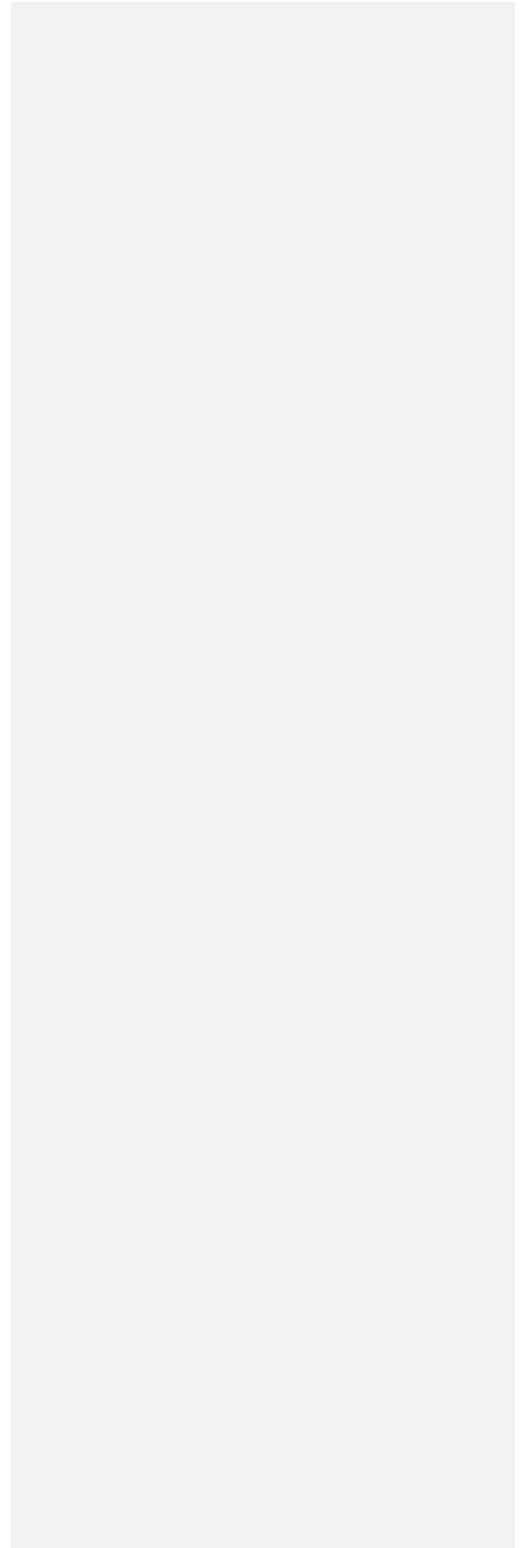
Sugar Alcohols: 3.4g

Protein: 0.6g

Fat: 5.2g

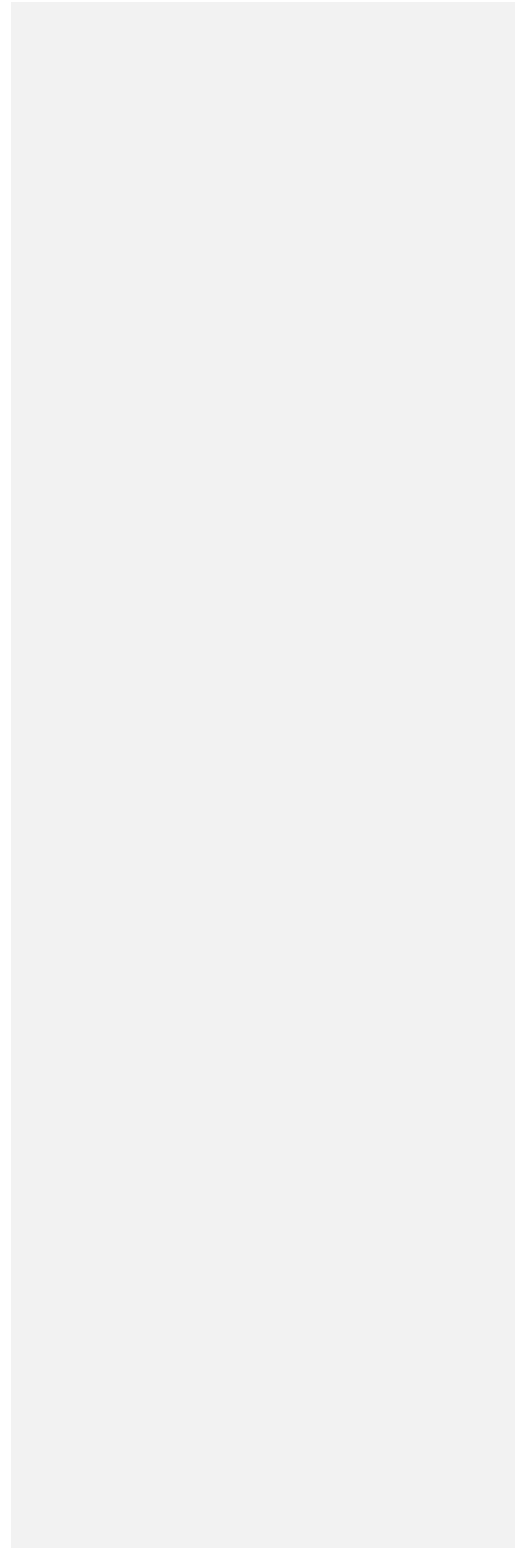
Cholesterol: 14.1mg

Glycemic Load: --



X - Keto Fat Bombs - Pumpkin Pie

Servings:	1
Amount per serving:	1 bomb
<i>Nutritional Breakdown:</i>	
Calories:	67.5
Total Carbs:	4.5g
Net Carbs:	0.7g
Diabetic Carbs:	2.2g
Fiber:	0.8g
Starch:	0.1g
Sugar:	0.3g
Added Sugar:	--
Sugar Alcohols:	3.0g
Protein:	1.0g
Fat:	6.3g
Cholesterol:	11.4mg
Glycemic Load:	--

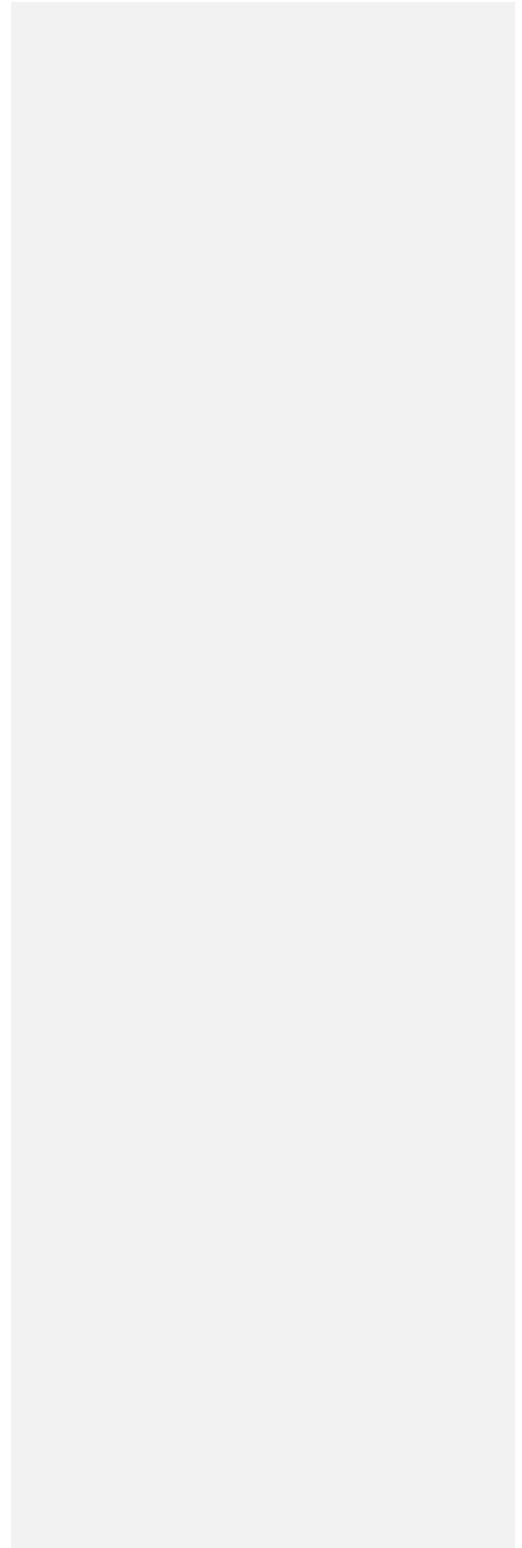


Keto Donut - German Chocolate

Servings: 1
Amount per serving: 1 donut

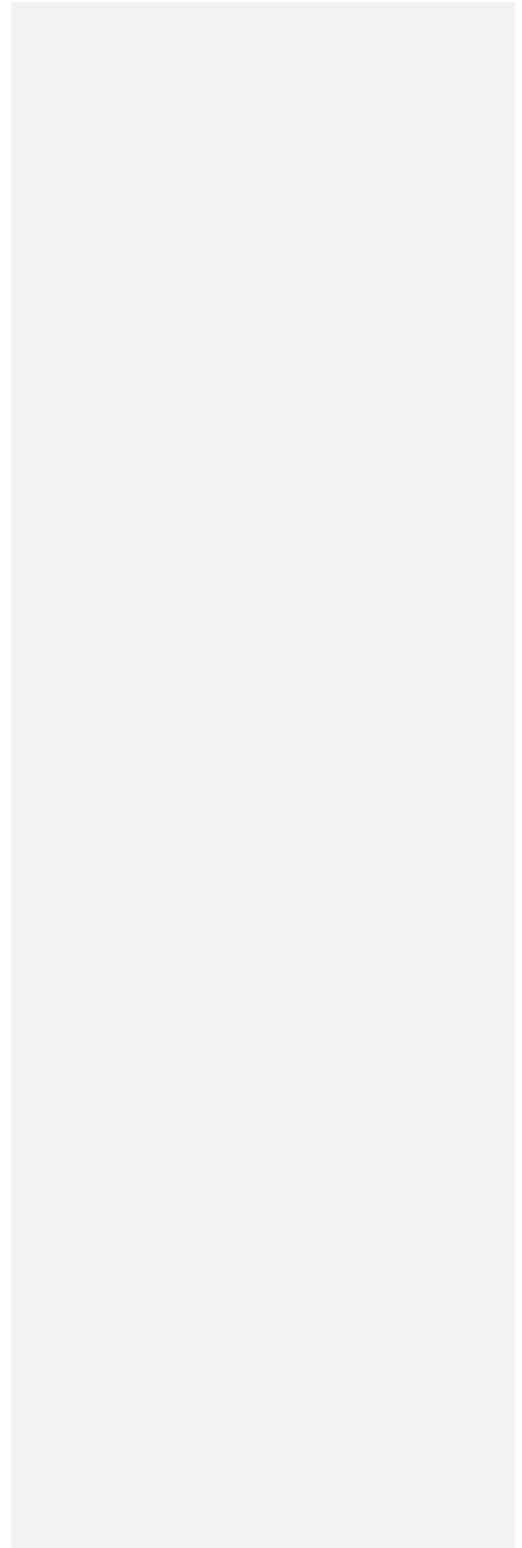
Nutritional Breakdown:

Calories: 238
Total Carbs: 16.3g
Net Carbs: 3.2g
Diabetic Carbs: 7.4g
Fiber: 4.8g
Starch: 0.2g
Sugar: 2.2g
Added Sugar: --
Sugar Alcohols: 8.4g
Protein: 8.9g
Fat: 19.6g
Cholesterol: 109.3mg
Glycemic Load: 0.3



Keto Donut - Chocolate Glazed

Servings:	1
Amount per serving:	1 donut
<i>Nutritional Breakdown:</i>	
Calories:	229.8
Total Carbs:	15.9g
Net Carbs:	3.1g
Diabetic Carbs:	7.2g
Fiber:	4.7g
Starch:	0.2g
Sugar:	2.1g
Added Sugar:	--
Sugar Alcohols:	8.2g
Protein:	8.8g
Fat:	8.8g
Cholesterol:	18.8mg
Glycemic Load:	0.3

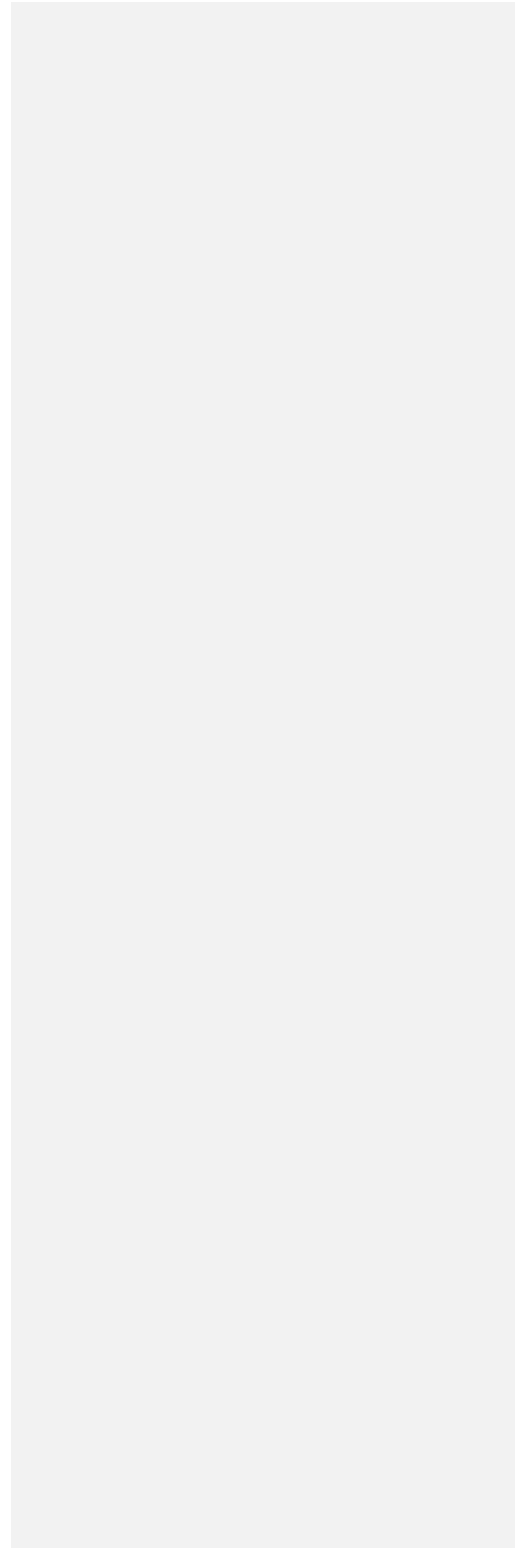


Keto Donut - Vanilla Glazed

Servings: 1
Amount per serving: 1 donut

Nutritional Breakdown:

Calories: 229.9
Total Carbs: 16.1g
Net Carbs: 3.1g
Diabetic Carbs: 7.3g
Fiber: 4.7g
Starch: 0.2g
Sugar: 2.1g
Added Sugar: --
Sugar Alcohols: 8.3g
Protein: 8.8g
Fat: 18.8g
Cholesterol: 108.3mg
Glycemic Load: 0.3

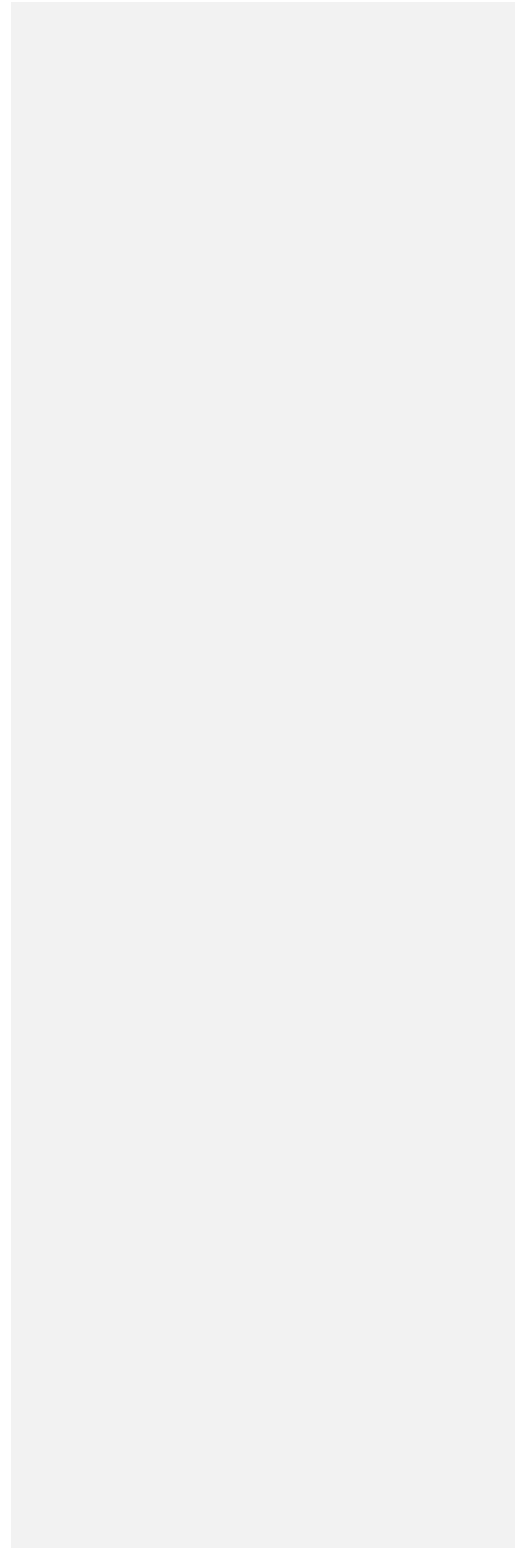


Keto Donut - Maple Iced

Servings: 1
Amount per serving: 1 donut

Nutritional Breakdown:

Calories: 230.3
Total Carbs: 16.1g
Net Carbs: 3.1g
Diabetic Carbs: 7.3g
Fiber: 4.7g
Starch: 0.2g
Sugar: 2.1g
Added Sugar: --
Sugar Alcohols: 8.3g
Protein: 8.8g
Fat: 18.8g
Cholesterol: 108.3mg
Glycemic Load: 0.3

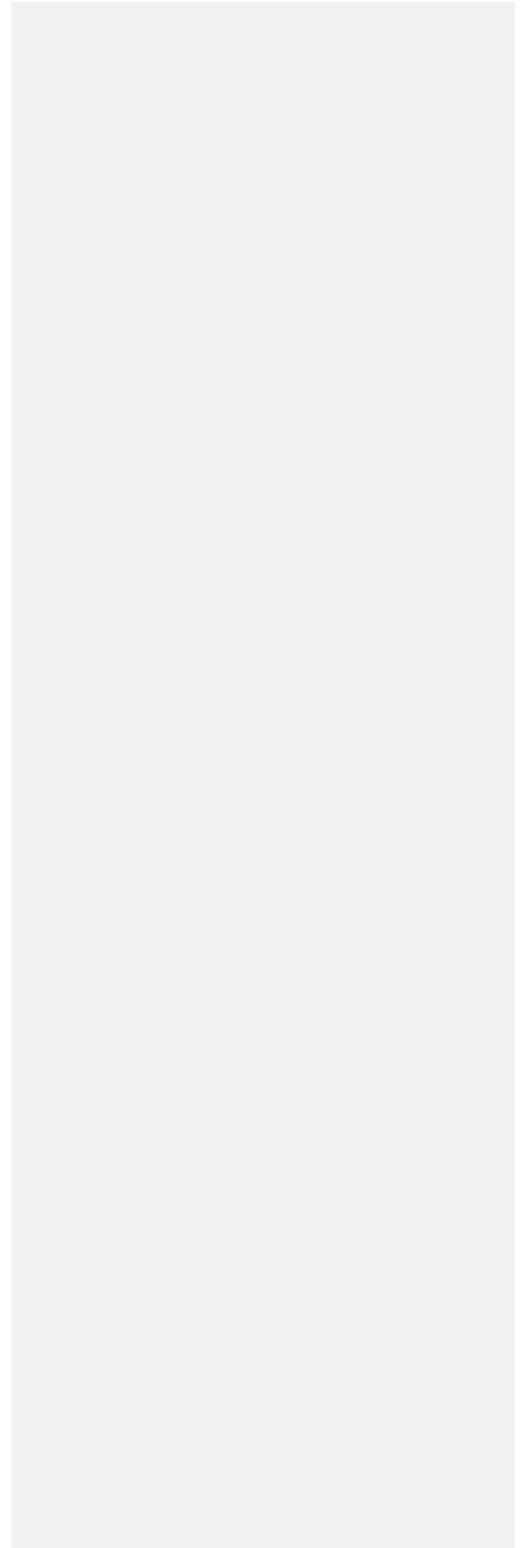


Keto Pumpkin Pie

Servings: 1
Amount per serving: 1 slice

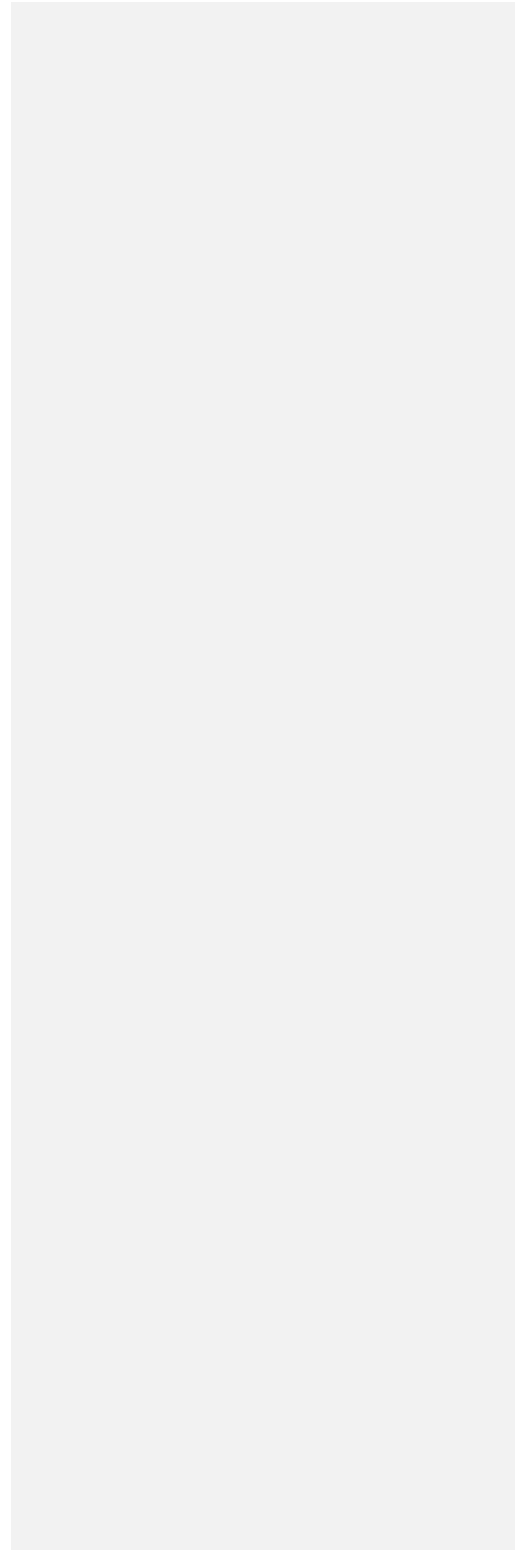
Nutritional Breakdown:

Calories: 248.2
Total Carbs: 35.4g
Net Carbs: 6.1g
Diabetic Carbs: 17.1g
Fiber: 7.3g
Starch: --
Sugar: 5.2g
Added Sugar: --
Sugar Alcohols: 22.0g
Protein: 7.0g
Fat: 19.9g
Cholesterol: 140.3mg
Glycemic Load: --



Keto Pumpkin Roll Slice

Servings:	2
Amount per serving:	1 slice
<i>Nutritional Breakdown:</i>	
Calories:	190.3
Total Carbs:	21.0g
Net Carbs:	2.6g
Diabetic Carbs:	10.6g
Fiber:	2.4g
Starch:	0.4g
Sugar:	1.9g
Added Sugar:	--
Sugar Alcohols:	16.0g
Protein:	6.1g
Fat:	14.6g
Cholesterol:	81.9mg
Glycemic Load:	0.2

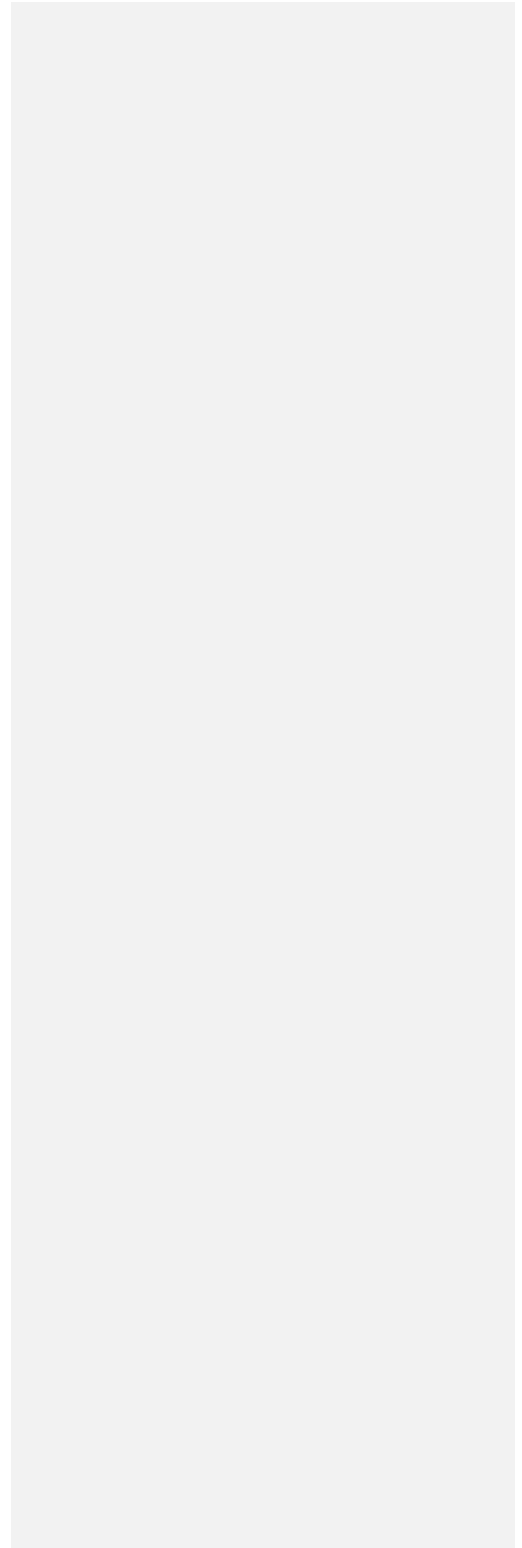


Keto Cookies - Chocolate Chip

Servings: 4
Amount per serving: 1 cookie

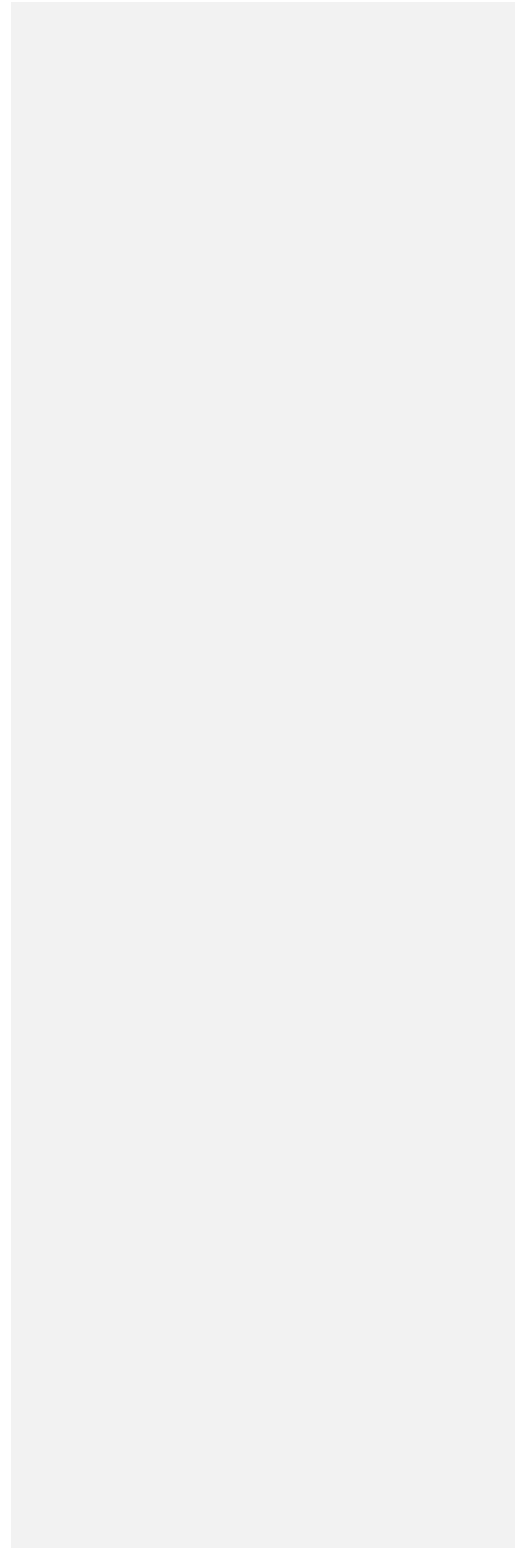
Nutritional Breakdown:

Calories: 295.9
Total Carbs: 20.5g
Net Carbs: 3.1g
Diabetic Carbs: 9.2g
Fiber: 5.2g
Starch: --
Sugar: 0.9g
Added Sugar: --
Sugar Alcohols: 12.2g
Protein: 6.8g
Fat: 26.7g
Cholesterol: 44.1mg
Glycemic Load: --



Keto Donuts - Reverse Buckeye

Servings:	1
Amount per serving:	1 donut
<i>Nutritional Breakdown:</i>	
Calories:	292.8
Total Carbs:	24.3g
Net Carbs:	4.3g
Diabetic Carbs:	12.3g
Fiber:	4.0g
Starch:	0.9g
Sugar:	2.5g
Added Sugar:	--
Sugar Alcohols:	16.0g
Protein:	10.1g
Fat:	23.4g
Cholesterol:	105.8g
Glycemic Load:	0.4

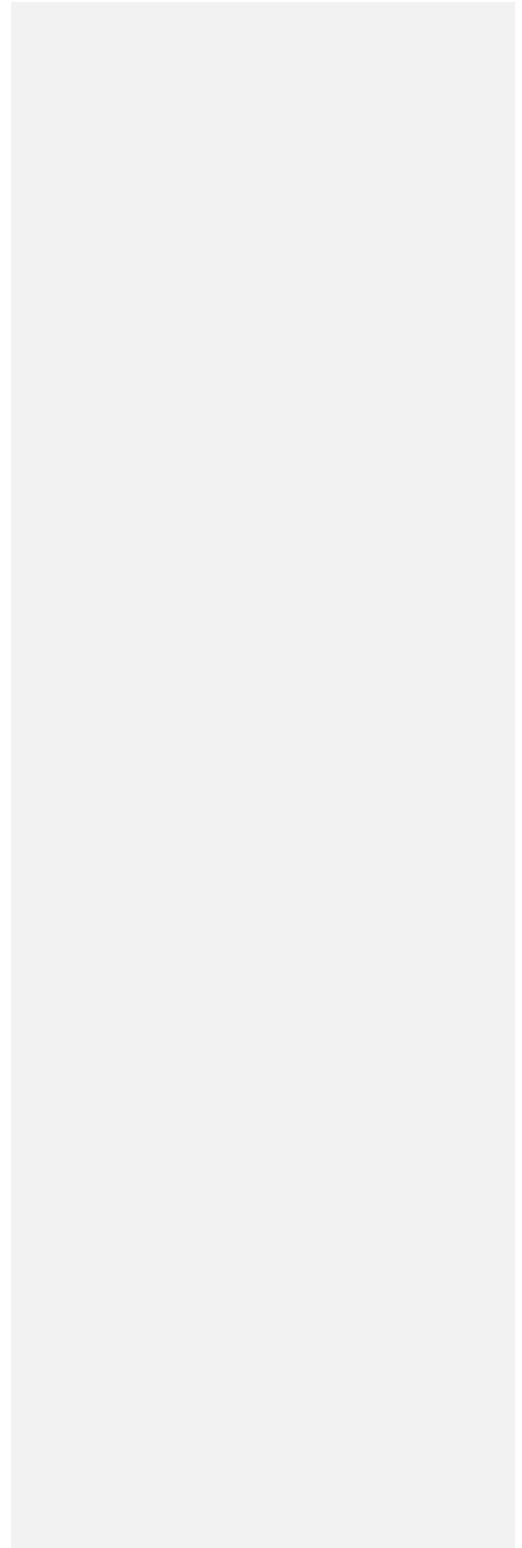


Keto Tortillas

Servings: 1
Amount per serving: 1 tortilla

Nutritional Breakdown:

Calories: 98.9
Total Carbs: 3.2g
Net Carbs: 1.1g
Diabetic Carbs: 1.1g
Fiber: 2.1g
Starch: 0.2g
Sugar: 0.3g
Added Sugar: --
Sugar Alcohols: --
Protein: 6.8g
Fat: 6.8g
Cholesterol: 185g
Glycemic Load: 0.1

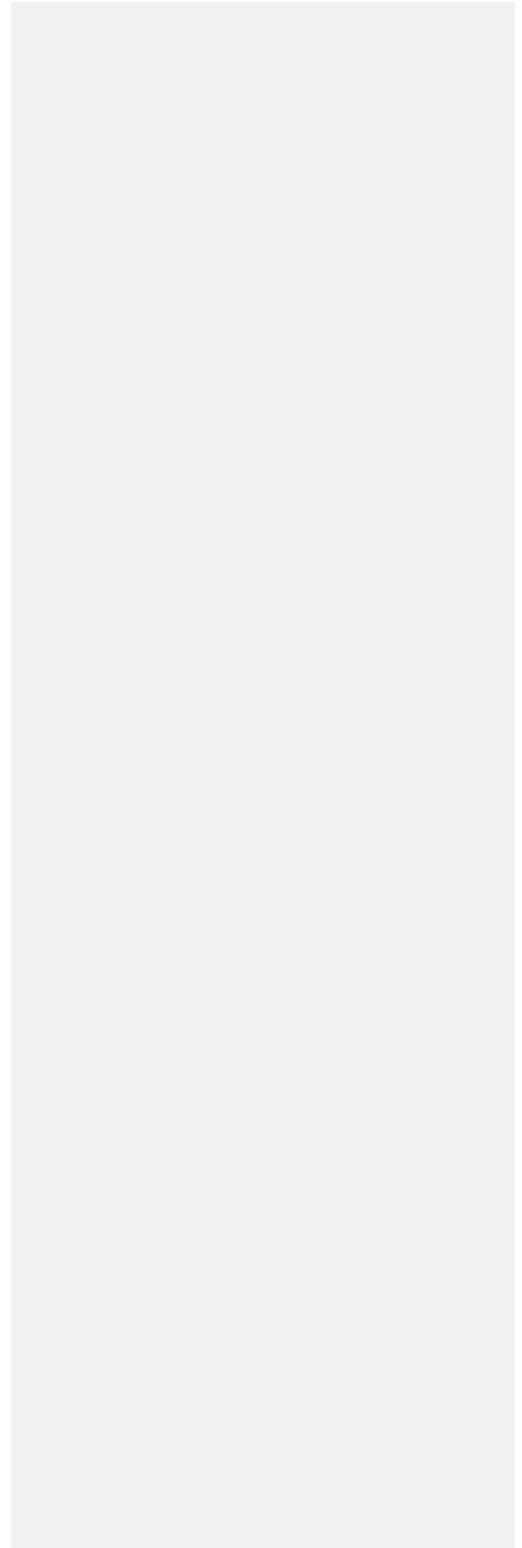


Keto Cinnamon Rolls

Servings: 4
Amount per serving: 1 cinnamon roll w/icing

Nutritional Breakdown:

Calories: 169.8
Total Carbs: 20.8g
Net Carbs: 2.5g
Diabetic Carbs: 11.0g
Fiber: 1.3g
Starch: 0.3g
Sugar: 0.7g
Added Sugar: --
Sugar Alcohols: 17.2g
Protein: 13.4g
Fat: 6.8g
Cholesterol: 37.5mg
Glycemic Load: 0.4

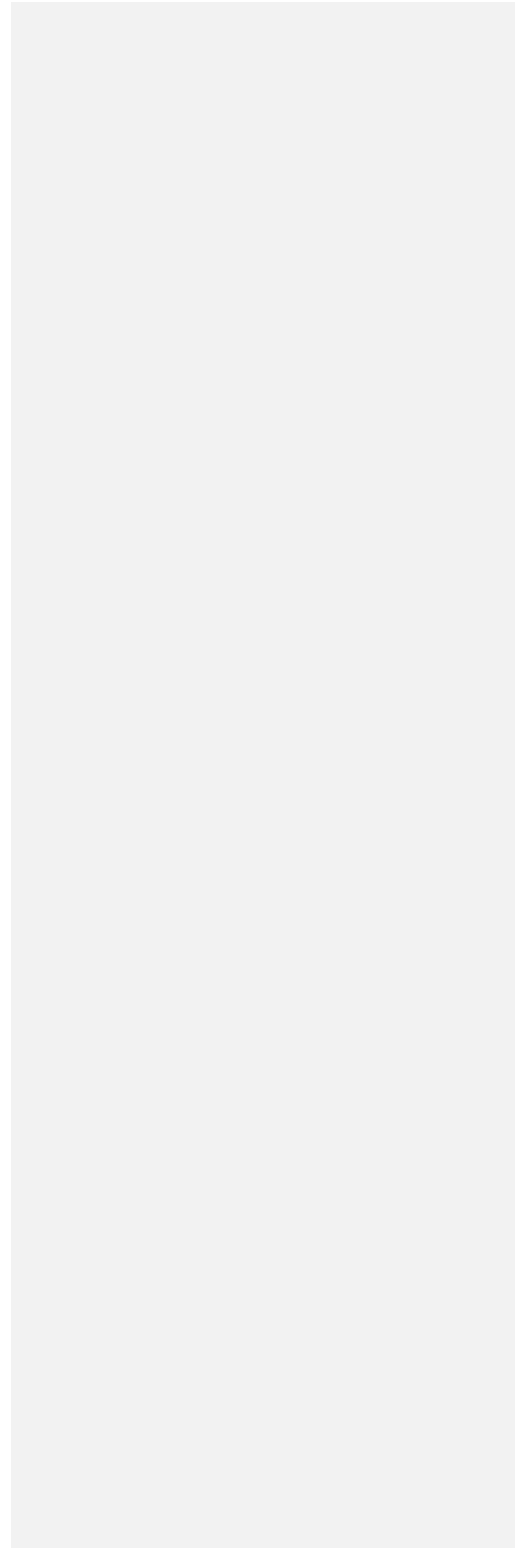


Keto Donuts - Raspberry Lemonade

Servings: 1
Amount per serving: 1 donut with icing

Nutritional Breakdown:

Calories: 266.1
Total Carbs: 39.8g
Net Carbs: 3.8g
Diabetic Carbs: 19.8g
Fiber: 4.0g
Starch: 0.9g
Sugar: 2.2g
Added Sugar: --
Sugar Alcohols: 32.0g
Protein: 8.7g
Fat: 20.2g
Cholesterol: 111.9mg
Glycemic Load: 0.4



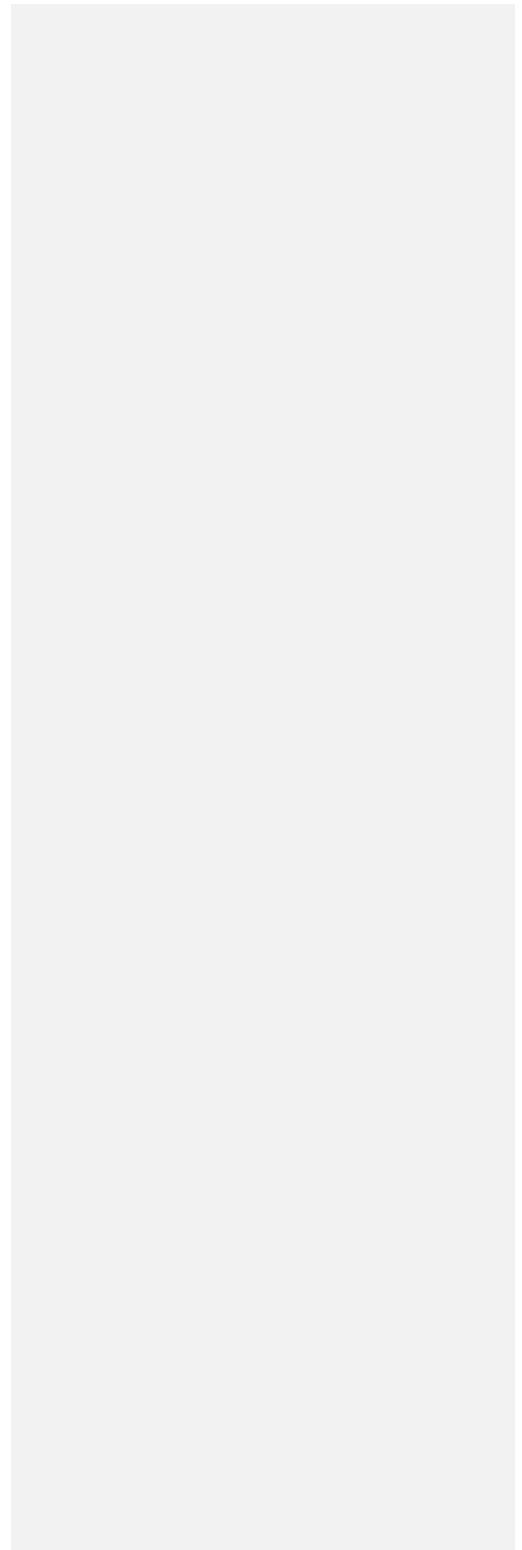
Keto Cake – Italian Cream

Servings: 1
Amount per serving: 1 slice

Nutritional Breakdown:

Calories: 428.0
Total Carbs: 33.1g
Net Carbs: 3.9g
Diabetic Carbs: 15.9g
Fiber: 5.3g
Starch: 0.4g
Sugar: 2.8g
Added Sugar: --
Sugar Alcohols: 24.0g
Protein: 7.6g
Fat: 39.7g
Cholesterol: 106.3mg
Glycemic Load: 0.2

|



Keto Cookies - Peanut Butter

Servings: 4

Amount per serving: 1 cookie

Nutritional Breakdown:

Calories: 398.1

Total Carbs: 37.3g

Net Carbs: 7.6g

Diabetic Carbs: 15.6g

Fiber: 13.7g

Starch: 0.1g

Sugar: 3.6g

Added Sugar: --

Sugar Alcohols: 16.0g

Protein: 17.3g

Fat: 28.7g

Cholesterol: 41.4mg

Glycemic Load: 0.1

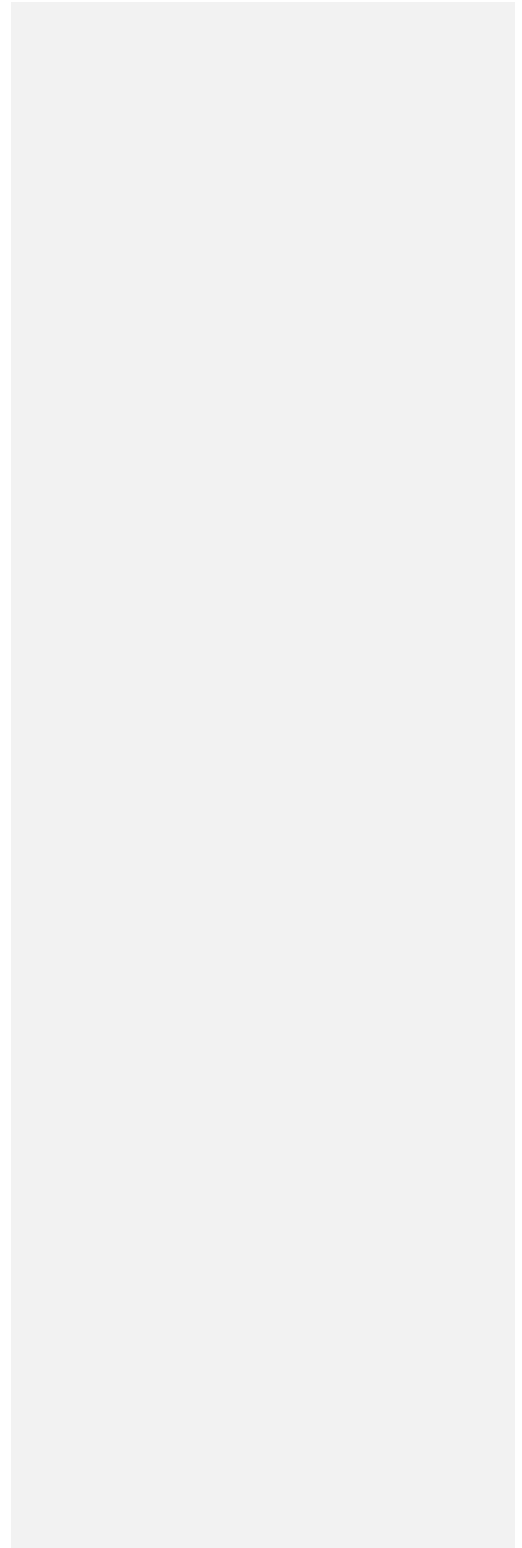
Commented [D1]:

Keto Pizza Crust – 10”

Servings: 8
Amount per serving: 1 slice

Nutritional Breakdown:

Calories: 180.0
Total Carbs: 3.8g
Net Carbs: 2.3g
Diabetic Carbs: 2.3g
Fiber: 1.5g
Starch: 0.2g
Sugar: 0.7g
Added Sugar: --
Sugar Alcohols: 0g
Protein: 8.5g
Fat: 14.6g
Cholesterol: 45.6mg
Glycemic Load: 0.3

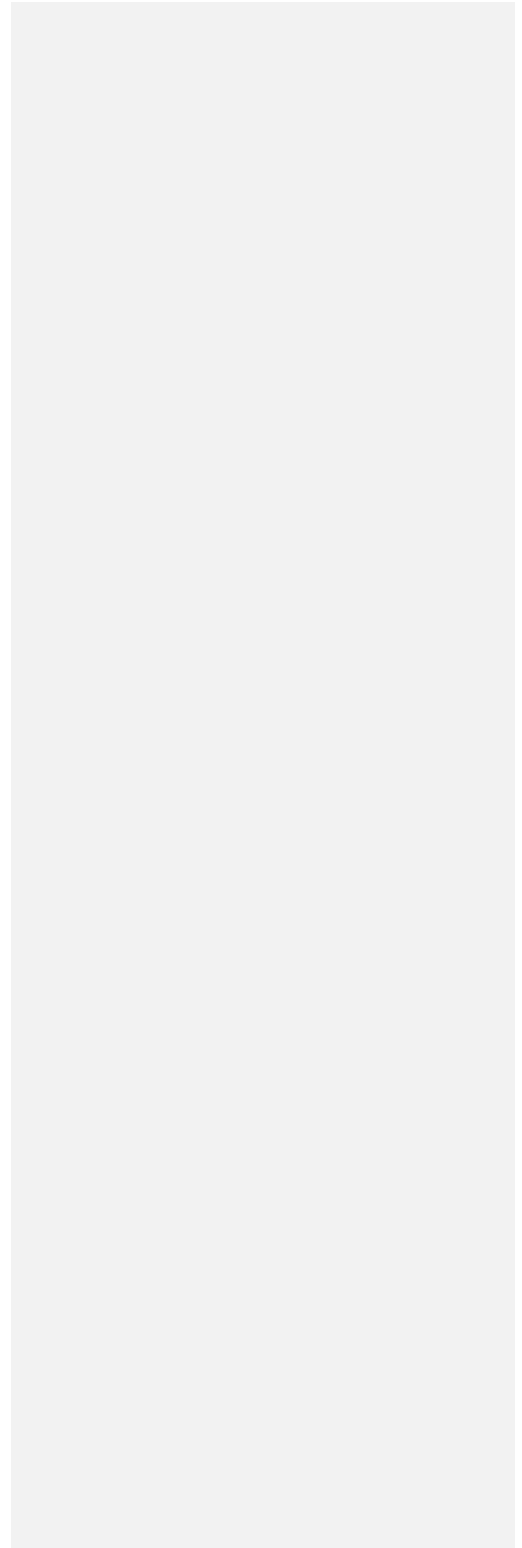


Keto Donut Holes - Chocolate

Servings: 4
Amount per serving: 1 donut hole

Nutritional Breakdown:

Calories: 269.1
Total Carbs: 39.2g
Net Carbs: 3.6g
Diabetic Carbs: 19.6g
Fiber: 3.7g
Starch: 0.9g
Sugar: 2.0g
Added Sugar: --
Sugar Alcohols: 32.0g
Protein: 8.7g
Fat: 20.8g
Cholesterol: 112.1mg
Glycemic Load: 0.4



Keto Crackers

Servings: 6 oz. bag

Amount per serving: 1 6 oz. bag

Nutritional Breakdown:

Calories: 827.1

Total Carbs: 20.8g

Net Carbs: 8.8g

Diabetic Carbs: 8.8g

Fiber: 12.0g

Starch: 0g

Sugar: 4.3g

Added Sugar: --

Sugar Alcohols: 0g

Protein: 28.7g

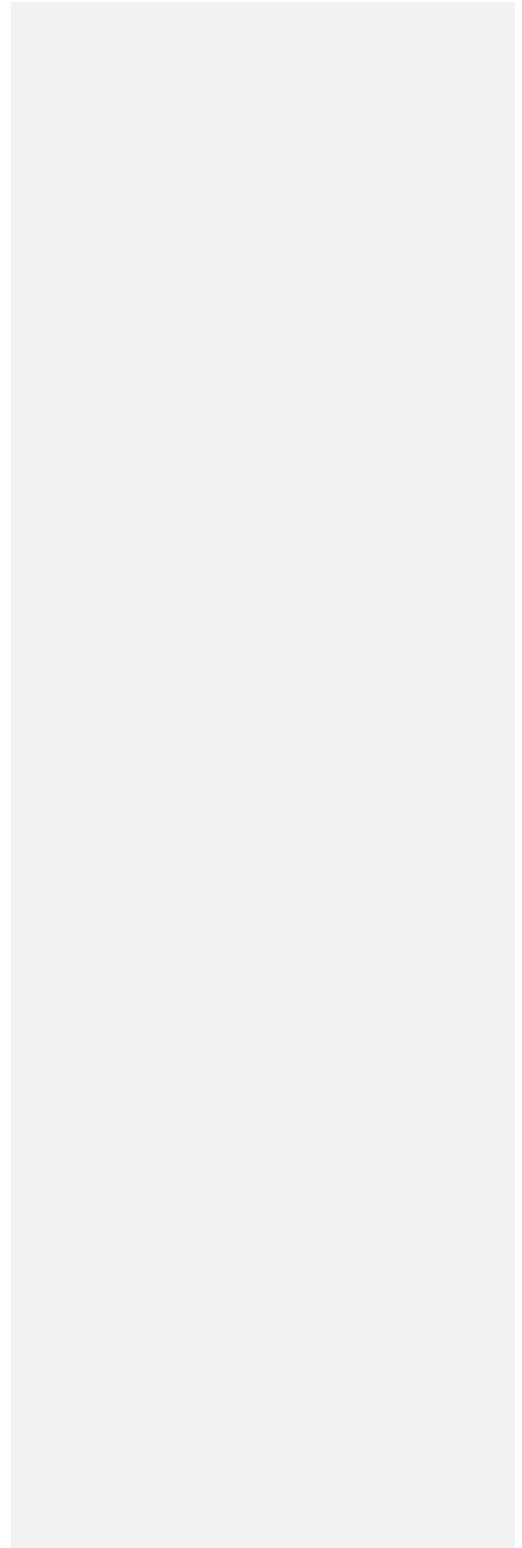
Fat: 69.7g

Cholesterol: 111.0mg

Glycemic Load: 0

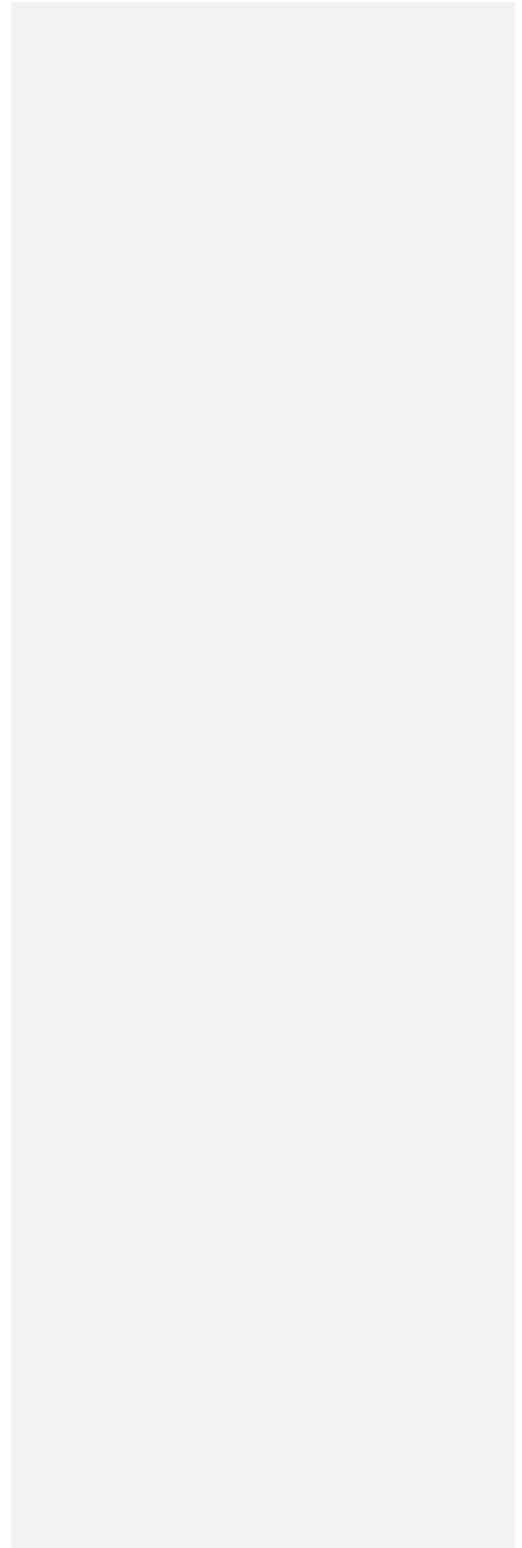
Keto Cupcake – Irish Cream

Servings:	2
Amount per serving:	1 cupcake
<i>Nutritional Breakdown:</i>	
Calories:	257.8
Total Carbs:	23.1g
Net Carbs:	3.4g
Diabetic Carbs:	11.4g
Fiber:	3.7g
Starch:	0.9g
Sugar:	1.8g
Added Sugar:	--
Sugar Alcohols:	16g
Protein:	8.9g
Fat:	20.4g
Cholesterol:	105.8mg
Glycemic Load:	0.4



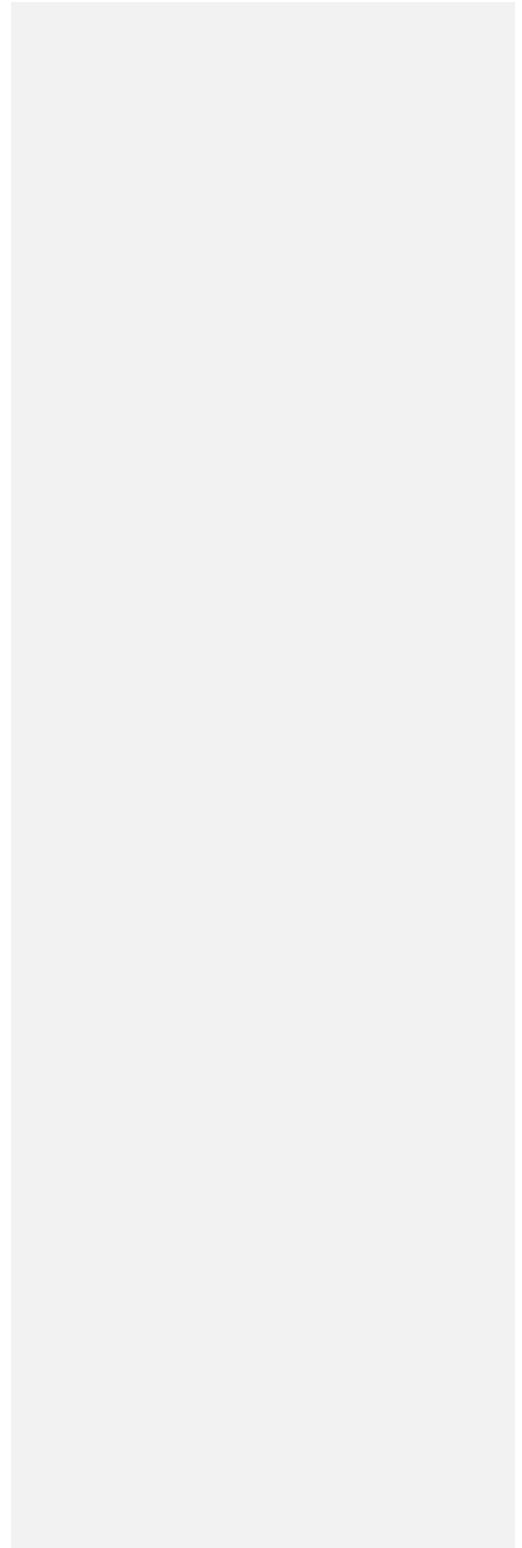
Keto Cupcake – Toasted Coconut

Servings:	2
Amount per serving:	1 cupcake
<i>Nutritional Breakdown:</i>	
Calories:	265.1
Total Carbs:	23.3g
Net Carbs:	3.5g
Diabetic Carbs:	11.5g
Fiber:	3.8g
Starch:	0.9g
Sugar:	1.8g
Added Sugar:	1.9g
Sugar Alcohols:	16g
Protein:	8.9g
Fat:	21.1g
Cholesterol:	105.8mg
Glycemic Load:	0.4



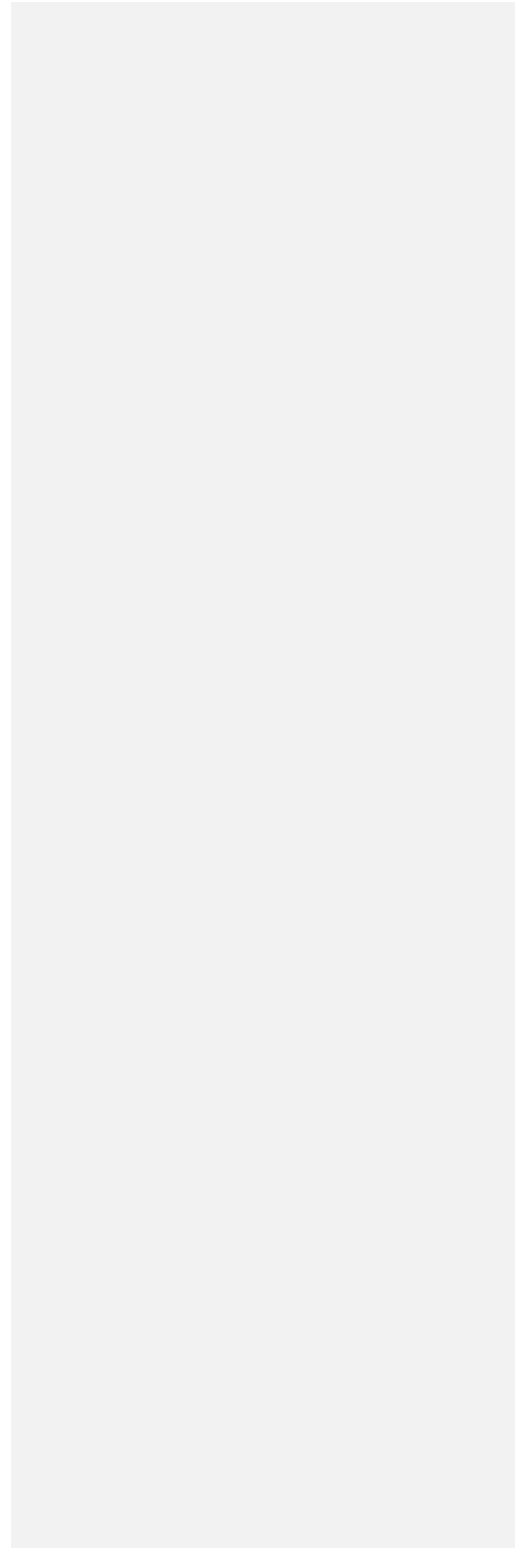
Keto Cupcake – Pistachio

Servings:	2
Amount per serving:	1 cupcake
<i>Nutritional Breakdown:</i>	
Calories:	257.8
Total Carbs:	23.1g
Net Carbs:	3.4g
Diabetic Carbs:	11.4g
Fiber:	3.7g
Starch:	0.9g
Sugar:	1.8g
Added Sugar:	--
Sugar Alcohols:	16g
Protein:	8.9g
Fat:	20.4g
Cholesterol:	105.8mg
Glycemic Load:	0.4



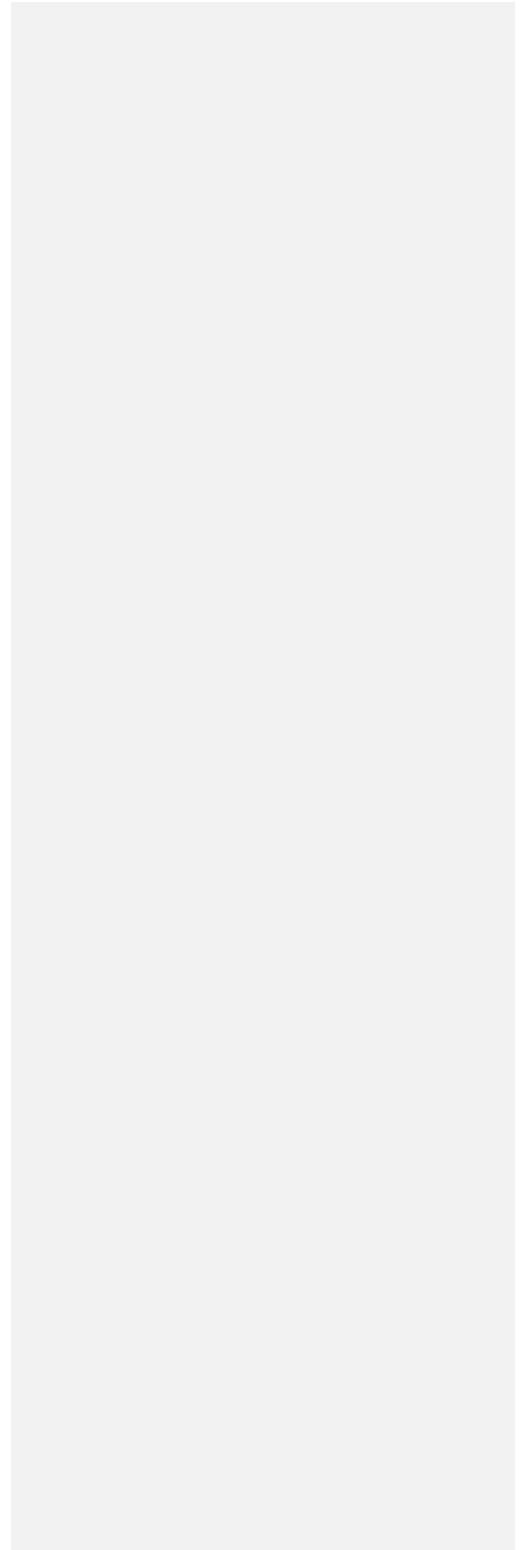
Keto Cupcake – Strawberry & Cream

Servings:	2
Amount per serving:	1 cupcake
<i>Nutritional Breakdown:</i>	
Calories:	258.3
Total Carbs:	23.2g
Net Carbs:	3.5g
Diabetic Carbs:	11.5g
Fiber:	3.7g
Starch:	0.9g
Sugar:	1.8g
Added Sugar:	--
Sugar Alcohols:	16g
Protein:	8.9g
Fat:	20.4g
Cholesterol:	105.8mg
Glycemic Load:	0.4



Keto Cupcake – Chocolate

Servings:	2
Amount per serving:	1 cupcake
<i>Nutritional Breakdown:</i>	
Calories:	264.5
Total Carbs:	24.1g
Net Carbs:	3.7g
Diabetic Carbs:	11.7g
Fiber:	4.3g
Starch:	0.9g
Sugar:	1.8g
Added Sugar:	--
Sugar Alcohols:	16g
Protein:	9.2g
Fat:	20.7g
Cholesterol:	105.8mg
Glycemic Load:	0.4

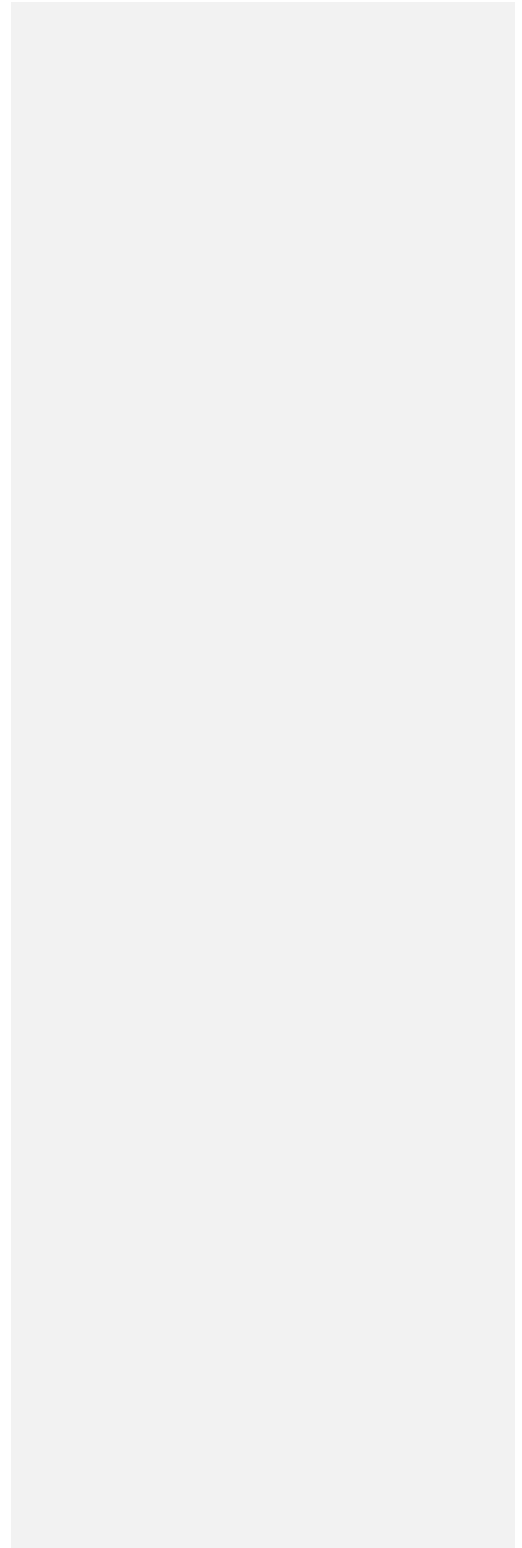


Keto Donut – Chocolate Chip

Servings: 1
Amount per serving: 1 donut

Nutritional Breakdown:

Calories: 231.4
Total Carbs: 16.3g
Net Carbs: 3.1g
Diabetic Carbs: 7.3g
Fiber: 4.8g
Starch: 0.2g
Sugar: 2.1g
Added Sugar: --
Sugar Alcohols: 8.4g
Protein: 8.8g
Fat: 18.9g
Cholesterol: 108.3mg
Glycemic Load: 0.3



Keto Bagels

Servings: 1
Amount per serving: 1 bagel

Nutritional Breakdown:

Calories: 360
Total Carbs: 8g
Net Carbs: 5g
Fiber: 3g
Sugar: 1g

