

Keto Thanksgiving

Keto Gravy – turkey stock, butter, onion powder, garlic powder, black pepper, red wine vinegar, salt.

Nutritional Info: .25 cup/ Calories 76/ Carbohydrates .6g/ Protein .8g/ Fat 7.8g/ Sodium 263mg

Keto Cranberry Sauce – cranberries, monkfruit

Nutritional Info – 2 tablespoons/ Calories 12/ Carbohydrates 2.8g/ Fiber 1g/ Protein .1g

Keto Dressing – almond flour, salt, garlic powder, baking soda, oil, eggs, butter, onion, celery, thyme, sage rosemary, pepper, chicken broth

Nutritional Info – ½ cup/ Calories 207/ Fat 20g/ Carbohydrates 4g/ Fiber 2g/ Protein 5g

Keto Sweet Potato Casserole – pumpkin, cauliflower, butter, almond milk, monkfruit, eggs, coconut flour, vanilla, salt, pecans, cinnamon, nutmeg

Nutritional Info – 1 cup/ Calories 184/ Carbohydrates 6g/ Fiber 2g/ Protein 2g

Keto Pecan Pie – almond flour, cream cheese, xanthan gum, baking powder, butter, monkfruit, bocha sweet, vanilla, salt, eggs, pecans

Nutritional info – 1 slice/ Calories 390/ Carbohydrates 5.86g/ Fiber 3.2g/ Protein 7g

Keto Pumpkin Pie – almond flour, cream cheese, xanthan gum, baking powder, butter, monkfruit, pumpkin, salt, heavy cream, pumpkin pie spice, vanilla, eggs

Nutritional Info – 1 slice/ Calories 244/ Carbohydrates 8g/ Fiber 4g/ Protein 7g/ Fat 21g

Keto Pecan Pie Cheesecake – cream cheese, pecan, almond flour, butter, monkfruit, coconut flour, cinnamon, vanilla, sour cream, heavy whipping cream, salt, baking powder, eggs

Nutritional Info – 1 slice/ Calories 436/ Carbohydrates 8.3g /Fiber 4g/ Protein 8.6g/ Fat 44.2g

Keto Coconut Cream Pie – butter, almond flour, eggs, monkfruit, salt, coconut flour, coconut, coconut milk, xanthan gum, vanilla, gelatin, heavy whipping cream

Nutritional Info – 1 slice/ Calories 444/ Carbohydrates 8.2/ Fiber 3/ Protein 6.8g/ Fat 43.2g

Keto Chocolate Cream Pie – almond flour, butter, monkfruit, salt, heavy whipping cream, almond milk, xanthan gum, vanilla, unsweetened baking chocolate, cocoa powder, gelatin

Nutritional Info – 1 slice/ Calories 431g/ Carbohydrates 11g/ Fiber 5g/ Protein 9g/ Fat 27g

