

Nutritional Information

Peanut Butter Dream Cups 2 Net Carbs per serving

Nutrition Facts	
Serving Size: (0.0g) Servings Per Container: 1	
Amount Per Serving	
Calories 210	Calories from Fat 180
% Daily Value*	
Total Fat 20g	31%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 75mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber 3g	12%
Sugars <1g	
Sugar Alcohol 5g	
Protein 4g	
Vitamin A 8%	Vitamin C 0%
Calcium 2%	Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: BUTTER, WHIPPING CREAM, NATURAL PEANUT BUTTER, PHILADELPHIA CREAM CHEESE, ALMOND FLOUR, MONK FRUIT, ERYTHRITOL, UNSWEETENED CHOCOLATE, STEVIA LEAF EXTRACT, PECANS, EGG, EGG YOLKS, COCOA POWDER (UNSWEETENED), PURE VANILLA EXTRACT, HIMALAYAN SEA SALT

Cheesecake / Berry Compote 4 Net Carbs per serving

Nutrition Facts	
Serving Size: (0.0g) Servings Per Container: 1	
Amount Per Serving	
Calories 170	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 65mg	3%
Total Carbohydrate 11g	4%
Dietary Fiber 7g	28%
Sugars 2g	
Protein 6g	
Vitamin A 4%	Vitamin C 15%
Calcium 6%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: STRAWBERRIES, UNBLANCHED ALMOND FLOUR, COCONUT FLOUR, EGG, CREAM CHEESE (PASTEURIZED MILK AND CREAM, SALT, XANTHAN GUM, CHEESE CULTURE), SOUR CREAM (CULTURED CREAM, ENZYMES), PSYLLIUM HUSK, COCONUT OIL, MONK FRUIT/ERYTHRITOL, PURE VANILLA EXTRACT

Cream Cheese Icing 0 Net Carbs per serving

Nutrition Facts	
Serving Size: (0.0g) Servings Per Container: 1	
Amount Per Serving	
Calories 40	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 45mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 1g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: CREAM CHEESE (PASTEURIZED MILK AND CREAM, WHEY PROTEIN CONCENTRATE, SALT, CAROB BEAN GUM, XANTHAN GUM, CHEESE CULTURE), MONK FRUIT/ERYTHRITOL, BUTTER (CREAM, SALT), PURE VANILLA EXTRACT

POCO LOCO
780 935 0834

Double Chocolate Zucchini Cupcake/No Icing 3 Net Carbs per serving

Nutrition Facts	
Serving Size: (0.0g) Servings Per Container: 1	
Amount Per Serving	
Calories 100	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 200mg	8%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	12%
Sugars 2g	
Sugar Alcohol 0g	
Protein 4g	
Vitamin A 2%	Vitamin C 6%
Calcium 4%	Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: ZUCCHINI, EGG, MONK FRUIT/ERYTHRITOL, COCONUT FLOUR, COCONUT OIL, COCOA, PURE VANILLA EXTRACT, BAKING SODA, BAKING POWDER, SEA SALT, CINNAMON

Nanaimo Bars 2 Net Carbs per serving

Nutrition Facts	
Serving Size: (0.0g) Servings Per Container: 1	
Amount Per Serving	
Calories 190	Calories from Fat 170
% Daily Value*	
Total Fat 19g	29%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 100mg	4%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	8%
Sugars <1g	
Protein 3g	
Vitamin A 8%	Vitamin C 0%
Calcium 4%	Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: BUTTER (CREAM, SALT), HEAVY CREAM (HEAVY CREAM, SKIM MILK, CARRAGEENAN), EGG, ALMOND FLOUR, CHOCOLATE, CREAM CHEESE (PASTEURIZED MILK AND CREAM, WHEY PROTEIN CONCENTRATE, SALT, CAROB BEAN GUM, XANTHAN GUM, CHEESE CULTURE), COCONUT, COCOA, MONK FRUIT/ERYTHRITOL, PURE VANILLA EXTRACT, HIMALAYAN PINK SEA SALT