

Miss Keto Chicken Quiche

Nutrition Facts

Serving Size: (0.0g)

Servings Per Container: 6

Amount Per Serving

Calories 320 Calories from Fat 200

% Daily Value*

Total Fat 22g **34%**

Saturated Fat 10g **50%**

Trans Fat 0g

Cholesterol 155mg **52%**

Sodium 290mg **12%**

Total Carbohydrate 9g **3%**

Dietary Fiber 5g **20%**

Sugars 2g

Protein 19g

Vitamin A 25% • Vitamin C 6%

Calcium 20% • Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: ORGANIC CHICKEN, EGG, MOZZARELLA CHEESE, MUSHROOMS, ORGANIC COCONUT FLOUR, ONION, SPINACH, HEAVY CREAM, WHITE WINE, CREAM CHEESE, ASIAGO CHEESE, 100% EXTRA VIRGIN OLIVE OIL, SWISS CHEESE, BUTTER, PSYLLIUM HUSK, FRESH HERBS, TURMERIC, XANTHAN GUM

CONTAINS: MILK, EGG

MISS KETO INC.
OTTAWA, ONTARIO
CANADA

KETOGENIC - NO WHEAT, NO SUGAR,
NO GRAIN