

Flour
All-Purpose
 Net Carbs: 23g

Nutritional Facts		<p><i>Casein-Free</i></p> <p>Ingredients: 60% whole grain superfine rice flours, almonds, potato starch, tapioca starch, xanthan gum</p>
Serving Size 1/4 cup (1.4 oz/40g)		
Amount Per Serving		
Calories 132 Calories from Fat 24		
	% Daily Value	
Total Fat 3g	4%	
Saturated Fat 0g	0%	
Trans Fat 0g	0%	
Cholesterol 0mg	0%	
Sodium 8mg	0%	
Total Carbohydrates 25g	8%	
Dietary Fiber 2g	8%	
Sugars 0g		
Protein 3g		
Vitamin A 0%	Vitamin C 0%	
Calcium 1%	Iron 3%	

Nutritional Descriptors: Low Fat, Low Saturated Fat, Low Cholesterol, Very Low Sodium

Flour
Pancake Mix
 Net Carbs: 16g

Nutritional Facts		<p><i>Casein-Free</i></p> <p>Ingredients: GF Flour Mix (60% whole grain superfine rice flours, almonds, potato starch, tapioca starch, xanthan gum), WheyLow, baking powder*, salt</p> <p>*indicates organic</p> <p>Note: Carb count is based on using whole milk in the recipe on the back of the package. Using Rice Milk will increase the carb count. Using half-and-half will decrease the carb count.</p>
Serving Size 1/3 cup or 2 1/2 pancakes		
Amount Per Serving		
Calories 166 Calories from Fat 79		
	% Daily Value	
Total Fat 9g	13%	
Saturated Fat 1g	3%	
Trans Fat 0g	0%	
Cholesterol 0mg	0%	
Sodium 455mg	19%	
Total Carbohydrates 19g	6%	
Dietary Fiber 3g	12%	
Sugars 2g		
Protein 5g		
Vitamin A 0%	Vitamin C 0%	
Calcium 26%	Iron 7%	

Nutritional Descriptors: Low Saturated Fat, Low Cholesterol

Bread
Sandwich
 Net Carbs: 12g

Nutritional Facts		<p>Dairy-Free, Egg-Free, Vegan</p> <p>Ingredients: GF flour mix (60% whole grain superfine rice flours, almonds, potato starch, tapioca starch, xanthan gum), palm oil*, amaranth*, sorghum, coconut flour, white bean, garbanzo beans, sugar, flax seeds, apple cider vinegar*, salt, yeast (* organic when available)</p>
Serving Size 1 slice		
Servings per loaf: 20		
Amount Per Serving		
Calories 84 Calories from Fat 27		
	% Daily Value	
Total Fat 3g	5%	
Saturated Fat 1g	3%	
Trans Fat 0g	0%	
Cholesterol 0mg	0%	
Sodium 131mg	5%	
Total Carbohydrates 14g	5%	
Dietary Fiber 2g	7%	
Sugars 1g		
Protein 2g		
Vitamin A 0%	Vitamin C 0%	
Calcium 1%	Iron 2%	

Nutritional Descriptors: Low Cholesterol, Low Sodium, Low Saturated Fat

Bread
Cinnamon Raisin
 Net Carbs: 14g

Nutritional Facts		<p>Dairy-Free, Egg-Free, Vegan</p> <p>Ingredients: GF flour mix (60% whole grain superfine rice flours, almonds, potato starch, tapioca starch, xanthan gum), palm oil*, amaranth*, sorghum, coconut flour, white bean, garbanzo beans, raisins*, cinnamon*, sugar, flax seeds, apple cider vinegar*, salt, yeast (* organic when available)</p>
Serving Size 1 slice		
Servings per loaf: 20		
Amount Per Serving		
Calories 92 Calories from Fat 27		
	% Daily Value	
Total Fat 3g	5%	
Saturated Fat 1g	3%	
Trans Fat 0g	0%	
Cholesterol 0mg	0%	
Sodium 132mg	6%	
Total Carbohydrates 16g	5%	
Dietary Fiber 2g	7%	
Sugars 1g		
Protein 2g		
Vitamin A 0%	Vitamin C 0%	
Calcium 1%	Iron 2%	

Nutritional Descriptors: Low Cholesterol, Low Sodium, Low Saturated Fat

Bread
Chocolate
 Net Carbs: 19g

Nutritional Facts		<p><i>Dairy-Free, Egg-Free, Vegan</i></p> <p>Ingredients: GF flour mix (60% whole grain superfine rice flours, almonds, potato starch, tapioca starch, xanthan gum), palm oil*, amaranth*, sorghum, coconut flour, white bean, garbanzo beans, sugar, flax seeds, apple cider vinegar*, cocoa powder, coffee (decaf), chocolate chips (soy free), salt, yeast (* organic when available)</p>
Serving Size 1 slice		
Servings per loaf: 20		
Amount Per Serving		
Calories 116	Calories from Fat 31	
	% Daily Value	
Total Fat 3g	5%	
Saturated Fat 1g	5%	
Trans Fat 0g	0%	
Cholesterol 0mg	0%	
Sodium 130mg	5%	
Total Carbohydrates 21g	7%	
Dietary Fiber 2g	8%	
Sugars 6g		
Protein 2g		
Vitamin A 0%	Vitamin C 0%	
Calcium 2%	Iron 3%	

Nutritional Descriptors: Low Cholesterol, Low Sodium

Bread
Garlic
 Net Carbs: 12g

Nutritional Facts		<p><i>Dairy-Free, Egg-Free, Vegan</i></p> <p>Ingredients: GF flour mix (60% whole grain superfine rice flours, almonds, potato starch, tapioca starch, xanthan gum), palm oil*, amaranth*, sorghum, coconut flour, white bean, garbanzo beans, sugar, flax seeds, apple cider vinegar*, garlic*, salt, yeast (* organic when available)</p>
Serving Size 1 slice		
Servings per loaf: 20		
Amount Per Serving		
Calories 86	Calories from Fat 27	
	% Daily Value	
Total Fat 3g	5%	
Saturated Fat 1g	3%	
Trans Fat 0g	0%	
Cholesterol 0mg	0%	
Sodium 132mg	5%	
Total Carbohydrates 14g	5%	
Dietary Fiber 2g	7%	
Sugars 1g		
Protein 2g		
Vitamin A 0%	Vitamin C 0%	
Calcium 1%	Iron 2%	

Nutritional Descriptors: Low Cholesterol, Low Sodium, Low Saturated Fat

Bread
Onion Dill
 Net Carbs: 11g

Nutritional Facts		<p><i>Dairy-Free, Egg-Free, Vegan</i></p> <p>Ingredients: GF flour mix (60% whole grain superfine rice flours, almonds, potato starch, tapioca starch, xanthan gum), palm oil*, amaranth*, sorghum, coconut flour, white bean, garbanzo beans, sugar, flax seeds, apple cider vinegar*, onion*, garlic*, parsley*, dill*, salt, yeast (* organic when available)</p>
Serving Size 1 slice		
Servings per loaf: 20		
Amount Per Serving		
Calories 78	Calories from Fat 25	
	% Daily Value	
Total Fat 3g	4%	
Saturated Fat 1g	3%	
Trans Fat 0g	0%	
Cholesterol 0mg	0%	
Sodium 121mg	5%	
Total Carbohydrates 13g	4%	
Dietary Fiber 2g	7%	
Sugars 1g		
Protein 2g		
Vitamin A 0%	Vitamin C 0%	
Calcium 1%	Iron 2%	

Nutritional Descriptors: Low Cholesterol, Low Sodium, Low Fat, Low Saturated Fat

Bread
Pumpnickel
 Net Carbs: 15g

Nutritional Facts		<p><i>Dairy-Free, Egg-Free, Vegan</i></p> <p>Ingredients: GF flour mix (60% whole grain superfine rice flours, almonds, potato starch, tapioca starch, xanthan gum), palm oil*, amaranth*, sorghum, coconut flour, white bean, garbanzo beans, sugar, flax seeds, apple cider vinegar*, caraway seed*, cocoa*, molasses*, orange oil, salt, yeast (* organic when available)</p>
Serving Size 1 slice		
Servings per loaf: 20		
Amount Per Serving		
Calories 94	Calories from Fat 26	
	% Daily Value	
Total Fat 3g	4%	
Saturated Fat 1g	3%	
Trans Fat 0g	0%	
Cholesterol 0mg	0%	
Sodium 115mg	6%	
Total Carbohydrates 17g	6%	
Dietary Fiber 2g	8%	
Sugars 1g		
Protein 2g		
Vitamin A 0%	Vitamin C 0%	
Calcium 2%	Iron 4%	

Nutritional Descriptors: Low Cholesterol, Low Sodium, Low Fat, Low Saturated Fat

Bread
Plain Burger Bun
 Net Carbs: 34g

Nutritional Facts		<p>Dairy-Free, Egg-Free, Vegan</p> <p>Ingredients: GF flour mix (60% whole grain superfine rice flours, almonds, potato starch, tapioca starch, xanthan gum), palm oil*, sugar, amaranth*, sorghum, white bean, garbanzo beans, flax seeds, apple cider vinegar*, salt, yeast</p> <p>(* organic when available)</p>
Serving Size 1 bun		
Servings per container: 4		
Amount Per Serving		
Calories 246 Calories from Fat 83		
	% Daily Value	
Total Fat 9g	14%	
Saturated Fat 3g	11%	
Trans Fat 0g	0%	
Cholesterol 0mg	0%	
Sodium 352mg	15%	
Total Carbohydrates 39g	13%	
Dietary Fiber 5g	21%	
Sugars 2g		
Protein 5g		
Vitamin A 0%	Vitamin C 0%	
Calcium 3%	Iron 6%	

Nutritional Descriptors: Low Cholesterol

Bread
Parmesan Bun
 Net Carbs: 34g

Nutritional Facts		<p>Egg-Free</p> <p>Ingredients: GF flour mix (60% whole grain superfine rice flours, almonds, potato starch, tapioca starch, xanthan gum), palm oil*, parmesan (dairy), sugar, amaranth*, sorghum, white bean, garbanzo beans, flax seeds, apple cider vinegar*, salt, yeast</p> <p>(* organic when available)</p>
Serving Size 1 bun		
Servings per container: 4		
Amount Per Serving		
Calories 277 Calories from Fat 100		
	% Daily Value	
Total Fat 11g	17%	
Saturated Fat 4g	17%	
Trans Fat 0g	0%	
Cholesterol 5mg	2%	
Sodium 372mg	15%	
Total Carbohydrates 39g	13%	
Dietary Fiber 5g	20%	
Sugars 2g		
Protein 8g		
Vitamin A 1%	Vitamin C 0%	
Calcium 11%	Iron 7%	

Nutritional Descriptors: Low Cholesterol

Bread
Cinnamon Raisin Bun
 Net Carbs: 40g

Nutritional Facts		<p><i>Dairy-Free, Egg-Free, Vegan</i></p> <p>Ingredients: GF flour mix (60% whole grain superfine rice flours, almonds, potato starch, tapioca starch, xanthan gum), palm oil*, sugar, cinnamon*, amaranth*, sorghum, white bean, garbanzo beans, raisin*, flax seeds, apple cider vinegar*, salt, yeast</p> <p>(* organic when available)</p>
Serving Size 1 bun		
Servings per container: 4		
Amount Per Serving		
Calories 275 Calories from Fat 83		
	% Daily Value	
Total Fat 9g	14%	
Saturated Fat 3g	12%	
Trans Fat 0g	0%	
Cholesterol 0mg	0%	
Sodium 256mg	11%	
Total Carbohydrates 46g	15%	
Dietary Fiber 5g	21%	
Sugars 2g		
Protein 5g		
Vitamin A 0%	Vitamin C 1%	
Calcium 3%	Iron 7%	

Nutritional Descriptors: Low Cholesterol

Cheddar Biscuits

Net Carbs: 16g

Nutritional Facts		Ingredients: GF flour mix (60% whole grain superfine rice flours, almonds, potato starch, tapioca starch, xanthan gum), eggs*, palm oil*, ghee* (casein-free, lactose-free), cheddar cheese (dairy), GF baking powder, sugar, salt (* organic when available)
Serving Size 1 bun		
Servings per container: 4		
Amount Per Serving		
Calories 244 Calories from Fat 136		
	% Daily Value	
Total Fat 15g	23%	
Saturated Fat 5g	21%	
Trans Fat 0g	0%	
Cholesterol 69mg	23%	
Sodium 273mg	11%	
Total Carbohydrates 18g	6%	
Dietary Fiber 2g	9%	
Sugars 2g		
Protein 7g		
Vitamin A 4%	Vitamin C 0%	
Calcium 17%	Iron 6%	

Dinner Rolls

Net Carbs: 22g

Nutritional Facts		Dairy-Free, Egg-Free, Vegan Ingredients: GF flour mix (60% whole grain superfine rice flours, almonds, potato starch, tapioca starch, xanthan gum), palm oil*, amaranth*, sorghum, coconut flour, white bean, garbanzo beans, sugar, flax seeds, apple cider vinegar*, salt, yeast (* organic when available)
Serving Size 1 bun		
Servings per container: 6		
Amount Per Serving		
Calories 153 Calories from Fat 49		
	% Daily Value	
Total Fat 5g	8%	
Saturated Fat 1g	6%	
Trans Fat 0g	0%	
Cholesterol 0mg	0%	
Sodium 239mg	10%	
Total Carbohydrates 25g	8%	
Dietary Fiber 3g	13%	
Sugars 1g		
Protein 3g		
Vitamin A 0%	Vitamin C 0%	
Calcium 2%	Iron 4%	

Bread
Sticky Finger Bun
 Net Carbs: 18g

Nutritional Facts		<i>Casein-Free</i>
Serving Size 1 bun		
Amount Per Serving		<p>Ingredients: GF flour mix (60% whole grain superfine rice flours, almonds, potato starch, tapioca starch, xanthan gum), eggs*, palm oil*, ghee* (casein-free and lactose-free), WheyLow (natural low-glycemic sweetener), vanilla, baking soda, salt, yeast (* organic when available)</p> <p><i>WheyLow is not known to cause any milk allergy reactions.</i></p>
Calories 193 Calories from Fat 95		
	% Daily Value	
Total Fat 11g	16%	
Saturated Fat 3g	12%	
Trans Fat 0g	0%	
Cholesterol 26mg	9%	
Sodium 172mg	7%	
Total Carbohydrates 20g	7%	
Dietary Fiber 2g	8%	
Sugars 4g		
Protein 4g		
Vitamin A 1%	Vitamin C 0%	
Calcium 3%	Iron 4%	

Bread
Scone (flavors all similar)
 Carbs: 29g

Nutritional Facts		<i>Casein-Free</i>
Serving Size 1 bun		
Amount Per Serving		<p>Ingredients: GF flour mix (60% whole grain superfine rice flours, almonds, potato starch, tapioca starch, xanthan gum), eggs*, rice milk*, ghee* (casein-free and lactose-free), WheyLow (natural low-glycemic sweetener), baking soda, sea salt Fruit based on flavor: wild blueberries, cranberries, lemon* (* organic when available)</p> <p><i>WheyLow is not known to cause any milk allergy reactions.</i></p>
Calories 187 Calories from Fat 59		
	% Daily Value	
Total Fat 7g	10%	
Saturated Fat 1g	3%	
Trans Fat 0g	0%	
Cholesterol 42mg	14%	
Sodium 243mg	10%	
Total Carbohydrates 28g	9%	
Dietary Fiber 2g	9%	
Sugars 6g		
Protein 4g		
Vitamin A 2%	Vitamin C 1%	
Calcium 13%	Iron 5%	

Nutritional Descriptors: Low Saturated Fat

Brownie w/o Nuts

Net Carbs: 15g

Nutritional Facts		<i>Casein-Free</i>
Serving Size 1 ea		
Servings per container: 1		
Amount Per Serving		
Calories 282 Calories from Fat 150		
	% Daily Value	
Total Fat 17g	25%	
Saturated Fat 9g	39%	
Trans Fat 0g	0%	
Cholesterol 44mg	15%	
Sodium 94mg	4%	
Total Carbohydrates 27g	9%	
Dietary Fiber 2g	8%	
Sugars 22g		
Protein 3g		
Vitamin A 3%	Vitamin C 0%	
Calcium 6%	Iron 4%	

Ingredients: chocolate, WheyLow (natural low-glycemic sweetener), MWF GF flour mix (60% whole grain superfine rice flours, almonds, potato starch, tapioca starch, xanthan gum), coconut, ghee* (casein-free, lactose-free), eggs*, vanilla, baking soda, salt

(* organic when available)

WheyLow is not known to cause any milk allergy reactions.

Brownie with Nuts

Net Carbs: 26g

Nutritional Facts		<i>Casein-Free</i>
Serving Size 1 ea		
Servings per container: 1		
Amount Per Serving		
Calories 314 Calories from Fat 177		
	% Daily Value	
Total Fat 20g	29%	
Saturated Fat 9g	40%	
Trans Fat 0g	0%	
Cholesterol 44mg	15%	
Sodium 94mg	4%	
Total Carbohydrates 28g	9%	
Dietary Fiber 2g	9%	
Sugars 22g		
Protein 5g		
Vitamin A 3%	Vitamin C 1%	
Calcium 6%	Iron 4%	

Ingredients: chocolate, WheyLow (natural low-glycemic sweetener), MWF GF flour mix (60% whole grain superfine rice flours, almonds, potato starch, tapioca starch, xanthan gum), coconut, ghee* (casein-free, lactose-free), walnuts, eggs*, vanilla, baking soda, salt

(* organic when available)

WheyLow is not known to cause any milk allergy reactions.

Cake
Carrot
Net Carbs: 16g

Nutritional Facts		<i>Casein-Free</i>
Serving Size 1 slice Servings per container: 1		
Amount Per Serving		Ingredients: carrots*, almond meal, pineapple*, WheyLow (low glycemic sweetener), eggs*, ghee*, GF oats, apples*, raisins*, coconut*, palm oil*, apple cider vinegar*, cinnamon*, xanthan, baking powder, vanilla, salt (* organic when available)
Calories 248 Calories from Fat 142		
	% Daily Value	
Total Fat 16g	24%	
Saturated Fat 6g	27%	
Trans Fat 0g	0%	
Cholesterol 66mg	22%	
Sodium 198mg	8%	
Total Carbohydrates 21g	7%	
Dietary Fiber 5g	21%	
Sugars 5g		
Protein 5g		
Vitamin A 84%	Vitamin C 5%	
Calcium 10%	Iron 6%	

Cake
Double Lemon Casein Free
 Net Carbs: 13g

Nutritional Facts		<p><i>Casein-Free</i></p> <p>Ingredients: almonds, WheyLow (natural low-glycemic sweetener), eggs*, ghee*, palm shortening*, lemons*, vanilla, gelatin, baking soda, salt</p> <p>(* organic when available)</p> <p><i>WheyLow is not known to cause any milk allergy reactions.</i></p>
Serving Size 1 slice		
Servings per container: 8		
Amount Per Serving		
Calories 483 Calories from Fat 324		
	% Daily Value	
Total Fat 36g	54%	
Saturated Fat 8g	38%	
Trans Fat 0g	0%	
Cholesterol 118mg	39%	
Sodium 295mg	12%	
Total Carbohydrates 18g	6%	
Dietary Fiber 5g	23%	
Sugars 11g		
Protein 13g		
Vitamin A 4%	Vitamin C 7%	
Calcium 12%	Iron 12%	

Cake
Double Lemon Cream
 Net Carbs: 14g

Nutritional Facts		<p>Ingredients: almonds, WheyLow (natural low-glycemic sweetener), eggs*, ghee*, cream*, lemons*, vanilla, baking soda, salt</p> <p>(* organic when available)</p> <p><i>WheyLow is not known to cause any milk allergy reactions.</i></p>
Serving Size 1 slice		
Servings per container: 8		
Amount Per Serving		
Calories 480 Calories from Fat 345		
	% Daily Value	
Total Fat 38g	58%	
Saturated Fat 12g	52%	
Trans Fat 0g	0%	
Cholesterol 145mg	48%	
Sodium 312mg	13%	
Total Carbohydrates 19g	6%	
Dietary Fiber 5g	23%	
Sugars 8g		
Protein 13g		
Vitamin A 15%	Vitamin C 12%	
Calcium 17%	Iron 12%	

Cake

“Elvis” Banana with Peanut Frosting

Net Carbs: 18g

Nutritional Facts		<i>Casein-Free</i>
Serving Size 1 slice Servings per container: 1		
Amount Per Serving		
Calories 519 Calories from Fat 349		
	% Daily Value	
Total Fat 39g	58%	
Saturated Fat 8g	34%	
Trans Fat 0g	0%	
Cholesterol 89mg	30%	
Sodium 424mg	18%	
Total Carbohydrates 25g	8%	
Dietary Fiber 7g	29%	
Sugars 7g		
Protein 17g		
Vitamin A 3%	Vitamin C 5%	
Calcium 12%	Iron 13%	

Ingredients: almonds, WheyLow (natural low-glycemic sweetener), eggs*, bananas*, ghee* (casein-free, lactose-free), cinnamon*, vanilla, baking soda, salt

Frosting: palm oil*, ghee*, peanut butter*, sugar, egg*, vanilla, gelatin

(* organic when available)

WheyLow is not known to cause any milk allergy reactions.

Cake

Chocolate with Chocolate Frosting or Mint Frosting or Vanilla Frosting

Net Carbs: 17g

Nutritional Facts		<p><i>Casein-Free</i></p> <p>Ingredients: almonds, WheyLow (natural low-glycemic sweetener), eggs*, ghee* (casein-free, lactose-free), cocoa*, coffee* (decaf), vanilla, lemon juice, baking soda, salt</p> <p>Frosting: palm oil*, ghee*, dark chocolate* (cocoa*, cane juice*, cocoa butter*), tapioca*, sugar, egg*, vanilla Mint Frosting: mint</p> <p>(* organic when available)</p> <p><i>WheyLow is not known to cause any milk allergy reactions.</i></p>
Serving Size 1 slice		
Servings per container: 1		
Amount Per Serving		
Calories 439 Calories from Fat 289		
	% Daily Value	
Total Fat 32g	51%	
Saturated Fat 8g	41%	
Trans Fat 0g	0%	
Cholesterol 80mg	28%	
Sodium 213mg	9%	
Total Carbohydrates 23g	8%	
Dietary Fiber 6g	26%	
Sugars 15g		
Protein 11g		
Vitamin A 3%	Vitamin C 0%	
Calcium 11%	Iron 13%	

Cake

Chocolate Kahlua Cream Torte

Net Carbs: 14g

Nutritional Facts		<p>Ingredients: almonds, eggs*, WheyLow (natural low-glycemic sweetener), cocoa*, coffee* (decaf), ghee* (casein-free, lactose-free), vanilla, baking soda, salt</p> <p>Frosting: cream*, WheyLow, dry milk*, cocoa*, Kahlua, vanilla</p> <p>(* organic when available)</p> <p><i>WheyLow is not known to cause any milk allergy reactions.</i></p>
Serving Size 1 slice		
Servings per container: 8		
Amount Per Serving		
Calories 444 Calories from Fat 315		
	% Daily Value	
Total Fat 35g	52%	
Saturated Fat 17g	77%	
Trans Fat 0g	0%	
Cholesterol 99mg	33%	
Sodium 228mg	10%	
Total Carbohydrates 21g	7%	
Dietary Fiber 7g	30%	
Sugars 12g		
Protein 12g		
Vitamin A 11%	Vitamin C 0%	
Calcium 12%	Iron 24%	

Cake
Vanilla with Chocolate Frosting
 Net Carbs: 14g

Nutritional Facts		<p><i>Casein-Free</i></p> <p>Ingredients: almonds, WheyLow (natural low-glycemic sweetener), eggs*, ghee* (casein-free, lactose-free), vanilla, lemon juice, baking soda, salt</p> <p>Frosting: palm oil*, ghee*, dark chocolate* (cocoa*, cane juice*, cocoa butter*), sugar, tapioca*, egg*, vanilla</p> <p>(* organic when available)</p> <p><i>WheyLow is not known to cause any milk allergy reactions.</i></p>
Serving Size 1 slice		
Servings per container: 1		
Amount Per Serving		
Calories 426 Calories from Fat 282		
	% Daily Value	
Total Fat 31g	47%	
Saturated Fat 8g	36%	
Trans Fat 0g	0%	
Cholesterol 97mg	32%	
Sodium 271mg	11%	
Total Carbohydrates 18g	6%	
Dietary Fiber 4g	19%	
Sugars 12g		
Protein 11g		
Vitamin A 3%	Vitamin C 3%	
Calcium 10%	Iron 10%	

Cake
Orange Blossom
 Net Carbs: 12g

Nutritional Facts		<p><i>Casein-Free</i></p> <p>Ingredients: almonds, WheyLow (natural low-glycemic sweetener), eggs*, ghee* (casein-free, lactose-free), oranges*, vanilla, baking soda, salt</p> <p>Frosting: palm oil*, ghee*, sugar, oranges*, tapioca*, egg*, vanilla</p> <p>(* organic when available)</p> <p><i>WheyLow is not known to cause any milk allergy reactions.</i></p>
Serving Size 1 slice		
Servings per container: 8		
Amount Per Serving		
Calories 445 Calories from Fat 306		
	% Daily Value	
Total Fat 34g	51%	
Saturated Fat 7g	34%	
Trans Fat 0g	0%	
Cholesterol 94mg	31%	
Sodium 288mg	12%	
Total Carbohydrates 17g	6%	
Dietary Fiber 5g	23%	
Sugars 9g		
Protein 12g		
Vitamin A 3%	Vitamin C 11%	
Calcium 12%	Iron 11%	

Cake
Gingerbread
 Net Carbs: 19g

Nutritional Facts		<i>Casein-Free</i>
Serving Size 1 slice Servings per container: 3		
Amount Per Serving		
Calories 179 Calories from Fat 78		
	% Daily Value	
Total Fat 9g	13%	
Saturated Fat 3g	12%	
Trans Fat 0g	0%	
Cholesterol 18mg	6%	
Sodium 94mg	4%	
Total Carbohydrates 20g	7%	
Dietary Fiber 1g	6%	
Sugars 2g		
Protein 3g		
Vitamin A 1%	Vitamin C 0%	
Calcium 6%	Iron 7%	

Ingredients: GF flour mix (60% whole grain superfine rice flours, almonds, potato starch, tapioca flour, xanthan gum), WheyLow (natural low-glycemic sweetener), light molasses, ghee* (casein-free, lactose-free), palm oil*, eggs*, ginger*, baking soda, baking powder, cinnamon*, cloves*, mace, allspice*

(* organic when available)

WheyLow is not known to cause any milk allergy reactions.

Nutritional Descriptors: Low Sodium, Low Cholesterol

Cake
Lime in da Coconut
 Net Carbs: 26g

Nutritional Facts		<i>Casein-Free</i>
Serving Size 1 slice Servings per container: 1		
Amount Per Serving		
Calories 426 Calories from Fat 267		
	% Daily Value	
Total Fat 30g	44%	
Saturated Fat 19g	86%	
Trans Fat 0g	0%	
Cholesterol 158mg	53%	
Sodium 221mg	9%	
Total Carbohydrates 46g	15%	
Dietary Fiber 20g	88%	
Sugars 15g		
Protein 14g		
Vitamin A 5%	Vitamin C 5%	
Calcium 18%	Iron 9%	

Ingredients: coconut*, WheyLow (natural low-glycemic sweetener), eggs*, lime juice*, baking powder, gelatin (* organic when available)

WheyLow is not known to cause any milk allergy reactions.

Cake
Angel Food
Net Carbs: 21g

Nutritional Facts		<p><i>Casein-Free</i></p> <p>Ingredients: egg whites*, WheyLow (natural low-glycemic sweetener), GF flour mix (60% whole grain superfine rice flours, almonds, potato starch, tapioca starch, xanthan gum), vanilla, sea salt, cream of tartar (* organic when available)</p> <p><i>WheyLow is not known to cause any milk allergy reactions.</i></p>
Serving Size 1 slice		
Servings per container: 4		
Amount Per Serving		
Calories 127 Calories from Fat 12		
	% Daily Value	
Total Fat 1g	2%	
Saturated Fat 0g	0%	
Trans Fat 0g	0%	
Cholesterol 0mg	0%	
Sodium 236mg	10%	
Total Carbohydrates 22g	7%	
Dietary Fiber 1g	3%	
Sugars 9g		
Protein 6g		
Vitamin A 0%	Vitamin C 0%	
Calcium 1%	Iron 2%	

Nutritional Descriptors: Low Cholesterol, Low Saturated Fat, Low Fat

Cookie
Chocolate Chip
 Net Carbs: 5g

Nutritional Facts		<p><i>Casein-Free</i></p> <p>Ingredients: GF flour mix (60% whole grain superfine rice flours, almonds, potato starch, tapioca starch, xanthan gum), WheyLow (natural low-glycemic sweetener), ghee* (casein-free and lactose-free), eggs*, evaporated cane juice*, Fair Trade cocoa butter*, flax seeds, vanilla, salt, baking powder, baking soda (* organic when available)</p> <p><i>WheyLow is not known to cause any milk allergy reactions.</i></p>
Serving Size 1 cookie		
Servings per container: 1		
Amount Per Serving		
Calories 64 Calories from Fat 38		
	% Daily Value	
Total Fat 4g	6%	
Saturated Fat 2g	7%	
Trans Fat 0g	0%	
Cholesterol 5mg	2%	
Sodium 87mg	4%	
Total Carbohydrates 5g	2%	
Dietary Fiber 0g	2%	
Sugars 3g		
Protein 1g		
Vitamin A 0%	Vitamin C 0%	
Calcium 2%	Iron 1%	

Nutritional Descriptors: Low Cholesterol, Low Sodium

Cookie
Oatmeal Raisin
 Net Carbs: 7g

Nutritional Facts		<p><i>Casein-Free</i></p> <p>Ingredients: GF flour mix (60% whole grain superfine rice flours, almonds, potato starch, tapioca starch, xanthan gum), GF Certified Oats, WheyLow (natural low-glycemic sweetener), ghee* (casein-free and lactose-free), palm oil*, eggs*, raisins*, vanilla, salt, baking soda (* organic when available)</p> <p><i>WheyLow is not known to cause any milk allergy reactions.</i></p>
Serving Size 1 cookie		
Servings per container: 1		
Amount Per Serving		
Calories 80 Calories from Fat 39		
	% Daily Value	
Total Fat 4g	6%	
Saturated Fat 1g	6%	
Trans Fat 0g	0%	
Cholesterol 14mg	5%	
Sodium 56mg	2%	
Total Carbohydrates 8g	3%	
Dietary Fiber 1g	3%	
Sugars 2g		
Protein 1g		
Vitamin A 0%	Vitamin C 0%	
Calcium 1%	Iron 2%	

Nutritional Descriptors: Low Cholesterol, Low Sodium

Cookie
Flourless Peanut Butter
 Net Carbs: 2g

Nutritional Facts		<i>Casein-Free</i>
Serving Size 1 cookie Servings per container: 1		
Amount Per Serving		Ingredients: Peanut Butter*, WheyLow (natural low-glycemic sweetener), eggs*, baking powder (* organic when available) <i>WheyLow is not known to cause any milk allergy reactions.</i>
Calories 71 Calories from Fat 50		
	% Daily Value	
Total Fat 6g	8%	
Saturated Fat 1g	5%	
Trans Fat 0g	0%	
Cholesterol 13mg	4%	
Sodium 50mg	2%	
Total Carbohydrates 3g	1%	
Dietary Fiber 1g	3%	
Sugars 1g		
Protein 3g		
Vitamin A 0%	Vitamin C 0%	
Calcium 2%	Iron 2%	

Nutritional Descriptors: Low Cholesterol, Low Sodium

Cookie
Cranberry Pistachio
 Net Carbs: 6g

Nutritional Facts		<i>Casein-Free</i>
Serving Size 1 cookie Servings per container: 1		
Amount Per Serving		Ingredients: GF flour mix (60% whole grain superfine rice flours, almonds, potato starch, tapioca starch, xanthan gum), WheyLow (natural low-glycemic sweetener), ghee* (casein-free and lactose-free), cranberries, pistachios, eggs*, vanilla, baking powder, salt (* organic when available) <i>WheyLow is not known to cause any milk allergy reactions.</i>
Calories 58 Calories from Fat 21		
	% Daily Value	
Total Fat 2g	4%	
Saturated Fat 0g	0%	
Trans Fat 0g	0%	
Cholesterol 4mg	1%	
Sodium 47mg	2%	
Total Carbohydrates 7g	2%	
Dietary Fiber 1g	3%	
Sugars 3g		
Protein 1g		
Vitamin A 0%	Vitamin C 1%	
Calcium 2%	Iron 1%	

Nutritional Descriptors: Low Fat, Low Saturated Fat, Low Cholesterol, Low Sodium

Cookie
Sugar
Net Carbs: 4g

Nutritional Facts		<p><i>Casein-Free</i></p> <p>Ingredients: GF flour mix (60% whole grain superfine rice flours, almonds, potato starch, tapioca starch, xanthan gum), WheyLow (natural low-glycemic sweetener), ghee* (casein-free and lactose-free), eggs*, vanilla, salt, baking powder (* organic when available)</p> <p><i>WheyLow is not known to cause any milk allergy reactions.</i></p>
Serving Size 1 cookie		
Servings per container: 1		
Amount Per Serving		
Calories 41 Calories from Fat 10		
	% Daily Value	
Total Fat 1g	2%	
Saturated Fat 0g	0%	
Trans Fat 0g	0%	
Cholesterol 4mg	1%	
Sodium 46mg	2%	
Total Carbohydrates 5g	2%	
Dietary Fiber 1g	2%	
Sugars 1g		
Protein 1g		
Vitamin A 0%	Vitamin C 0%	
Calcium 2%	Iron 1%	

Nutritional Descriptors: Low Fat, Low Saturated Fat, Low Cholesterol, Low Sodium

Cookie
Coconut
Net Carbs: 3g

Nutritional Facts		<p><i>Casein-Free</i></p> <p>Ingredients: unsweetened coconut*, GF flour mix (60% whole grain superfine rice flours, almonds, potato starch, tapioca starch, xanthan gum), WheyLow (natural low-glycemic sweetener), ghee* (casein-free and lactose-free), palm oil*, eggs*, vanilla, salt, baking powder (* organic when available)</p> <p><i>WheyLow is not known to cause any milk allergy reactions.</i></p>
Serving Size 1 cookie		
Servings per container: 1		
Amount Per Serving		
Calories 71 Calories from Fat 46		
	% Daily Value	
Total Fat 5g	8%	
Saturated Fat 3g	13%	
Trans Fat 0g	0%	
Cholesterol 7mg	2%	
Sodium 46mg	2%	
Total Carbohydrates 4g	1%	
Dietary Fiber 1g	3%	
Sugars 1g		
Protein 1g		
Vitamin A 0%	Vitamin C 0%	
Calcium 1%	Iron 1%	

Nutritional Descriptors: Low Cholesterol, Low Sodium

Cookie
Mexican Chocolate
 Net Carbs: 7g

Nutritional Facts		<p><i>Casein-Free</i></p> <p>Ingredients: GF flour mix (60% whole grain superfine rice flours, almonds, potato starch, tapioca starch, xanthan gum), WheyLow (natural low-glycemic sweetener), ghee* (casein-free and lactose-free), eggs*, evaporated cane juice*, Fair Trade cocoa butter*, vanilla, cinnamon*, cayenne pepper*, salt, baking powder (* organic when available)</p> <p><i>WheyLow is not known to cause any milk allergy reactions.</i></p>
Serving Size 1 cookie		
Servings per container: 1		
Amount Per Serving		
Calories 55 Calories from Fat 17		
	% Daily Value	
Total Fat 2g	3%	
Saturated Fat 1g	3%	
Trans Fat 0g	0%	
Cholesterol 4mg	1%	
Sodium 40mg	2%	
Total Carbohydrates 7g	2%	
Dietary Fiber 0g	2%	
Sugars 4g		
Protein 1g		
Vitamin A 0%	Vitamin C 0%	
Calcium 2%	Iron 1%	

Nutritional Descriptors: Low Fat, Low Saturated Fat, Low Cholesterol, Low Sodium

Cookie
Chocolate Coconut Macaroon
 Net Carbs: 4g

Nutritional Facts		<p><i>Casein-Free</i></p> <p>Ingredients: unsweetened coconut*, WheyLow (natural low-glycemic sweetener), eggs*, GF flour mix (60% whole grain superfine rice flours, almonds, potato starch, tapioca starch, xanthan gum), agave*, chocolate*, vanilla, salt (* organic when available)</p> <p><i>WheyLow is not known to cause any milk allergy reactions.</i></p> <p>** Note the saturated fat is from the coconut which is medium chain fatty acids that are extremely healthy. They bypass the cardiac system and go directly to the liver for cellular repair and energy.</p>
Serving Size 1 cookie		
Servings per container: 1		
Amount Per Serving		
Calories 50 Calories from Fat 31		
	% Daily Value	
Total Fat 3g	5%	
Saturated Fat 3g**	13%	
Trans Fat 0g	0%	
Cholesterol 0mg	0%	
Sodium 26mg	1%	
Total Carbohydrates 5g	2%	
Dietary Fiber 1g	4%	
Sugars 3g		
Protein 1g		
Vitamin A 0%	Vitamin C 0%	
Calcium 0%	Iron 1%	

Nutritional Descriptors: Low Cholesterol, Very Low Sodium

Cupcake

About same for each flavor

Net Carbs: 10g

Nutritional Facts		<p><i>Casein-Free</i></p> <p>Ingredients: almonds, WheyLow (natural low-glycemic sweetener), eggs*, ghee* (casein-free, lactose-free), baking soda, salt</p> <p>Chocolate: cocoa powder*, coffee* (brewed decaf)</p> <p>Lemon: lemons*</p> <p>Frosting: palm oil*, ghee*, sugar, eggs*, vanilla, cocoa or mint or lemon</p> <p>(* organic when available)</p> <p><i>WheyLow is not known to cause any milk allergy reactions.</i></p>
Serving Size 1 ea		
Servings per container: 1		
Amount Per Serving		
Calories 288	Calories from Fat 193	
	% Daily Value	
Total Fat 21g	32%	
Saturated Fat 5g	21%	
Trans Fat 0g	0%	
Cholesterol 56mg	19%	
Sodium 158mg	7%	
Total Carbohydrates 14g	5%	
Dietary Fiber 4g	19%	
Sugars 8g		
Protein 8g		
Vitamin A 2%	Vitamin C 0%	
Calcium 8%	Iron 10%	

Nutritional Descriptors: Low Sodium

Ice Cream
Dairy-Free Coconut Pineapple
 Net Carbs: 11g

Nutritional Facts		<p>Casein-Free , DAIRY-FREE</p> <p>Ingredients: coconut milk*, egg yolks*, WheyLow (all-natural low glycemic sweetener), pineapple*, vanilla, lime juice*, salt (*indicates organic)</p> <p><i>WheyLow is not known to cause any milk allergy reactions.</i></p>
Serving Size 1/2 cup		
Servings per container: 4		
Amount Per Serving		
Calories 159 Calories from Fat 105		
	% Daily Value	
Total Fat 12g	17%	
Saturated Fat 9g	40%	
Trans Fat 0g	0%	
Cholesterol 63mg	21%	
Sodium 33mg	1%	
Total Carbohydrates 11g	4%	
Dietary Fiber 0g	0%	
Sugars 3g		
Protein 3g		
Vitamin A 2%	Vitamin C 3%	
Calcium 1%	Iron 3%	

Nutritional Descriptors: Very Low Sodium

Ice Cream
Dairy-Free Chocolate Almond
 Net Carbs: 13g

Nutritional Facts		<p>Casein-Free , DAIRY-FREE</p> <p>Ingredients: coconut milk*, chocolate*, egg yolks*, WheyLow (all-natural low glycemic sweetener), vanilla, almond oil, salt (*indicates organic)</p> <p><i>WheyLow is not known to cause any milk allergy reactions.</i></p>
Serving Size 1/2 cup		
Servings per container: 4		
Amount Per Serving		
Calories 280 Calories from Fat 182		
	% Daily Value	
Total Fat 20g	30%	
Saturated Fat 14g	65%	
Trans Fat 0g	0%	
Cholesterol 85mg	28%	
Sodium 48mg	2%	
Total Carbohydrates 15g	5%	
Dietary Fiber 2g	7%	
Sugars 10g		
Protein 5g		
Vitamin A 3%	Vitamin C 0%	
Calcium 2%	Iron 20%	

Nutritional Descriptors: Low Sodium

Ice Cream
Dairy-Free Peppermint Bon-Bon
 Net Carbs: 10g

Nutritional Facts		<p><i>Casein-Free , DAIRY-FREE</i></p> <p>I n g r e d i e n t s: coconut milk*, egg yolks*, WheyLow (all-natural low glycemic sweetener), chocolate*, vanilla, peppermint oil, salt (*indicates organic)</p> <p><i>WheyLow is not known to cause any milk allergy reactions.</i></p>
Serving Size 1/2 cup		
Servings per container: 4		
Amount Per Serving		
Calories 204 Calories from Fat 147		
	% Daily Value	
Total Fat 16g	24%	
Saturated Fat 12g	55%	
Trans Fat 0g	0%	
Cholesterol 84mg	28%	
Sodium 43mg	2%	
Total Carbohydrates 11g	4%	
Dietary Fiber 1g	2%	
Sugars 5g		
Protein 4g		
Vitamin A 3%	Vitamin C 0%	
Calcium 1%	Iron 14%	

Nutritional Descriptors: Low Sodium

Ice Cream
Dairy-Free Cookie Dough
 Net Carbs: 11g

Nutritional Facts		<p><i>Casein-Free</i></p> <p>I n g r e d i e n t s: coconut milk*, egg yolks*, WheyLow (all-natural low glycemic sweetener), GF flour mix (60% whole grain superfine rice flours, almonds, potato starch, tapioca starch, xanthan gum), chocolate chips*, ghee*, vanilla, salt (*indicates organic)</p> <p><i>WheyLow is not known to cause any milk allergy reactions.</i></p>
Serving Size 1/2 cup		
Servings per container: 4		
Amount Per Serving		
Calories 174 Calories from Fat 110		
	% Daily Value	
Total Fat 12g	18%	
Saturated Fat 9g	40%	
Trans Fat 0g	0%	
Cholesterol 63mg	21%	
Sodium 33mg	1%	
Total Carbohydrates 12g	4%	
Dietary Fiber 1g	2%	
Sugars 5g		
Protein 3g		
Vitamin A 2%	Vitamin C 0%	
Calcium 1%	Iron 9%	

Nutritional Descriptors: Low Sodium

Ice Cream
Dairy-Free Very Vanilla
 Net Carbs: 8g

Nutritional Facts		Casein-Free , DAIRY-FREE
Serving Size 1/2 cup Servings per container: 4		
Amount Per Serving		Ingredients; coconut milk*, egg yolks*, WheyLow (all-natural low glycemic sweetener), vanilla, salt (*indicates organic) <i>WheyLow is not known to cause any milk allergy reactions.</i>
Calories 167 Calories from Fat 121		
	% Daily Value	
Total Fat 13g	20%	
Saturated Fat 10g	43%	
Trans Fat 0g	0%	
Cholesterol 79mg	26%	
Sodium 40mg	2%	
Total Carbohydrates 8g	3%	
Dietary Fiber 0g	0%	
Sugars 4g		
Protein 3g		
Vitamin A 2%	Vitamin C 0%	
Calcium 1%	Iron 3%	

Nutritional Descriptors: Low Sodium

Ice Cream
Black Forest
 Net Carbs: 5g

Nutritional Facts		Casein-Free
Serving Size 1/2 cup Servings per container: 4		
Amount Per Serving		Ingredients: coconut milk*, egg yolks*, WheyLow (all-natural low glycemic sweetener), MWF cocoa mocha cake (contains almonds), cherries, kirsch, brandy, salt, vanilla, almond oil (*indicates organic) <i>WheyLow is not known to cause any milk allergy reactions.</i>
Calories 167 Calories from Fat 121		
	% Daily Value	
Total Fat 13g	20%	
Saturated Fat 10g	43%	
Trans Fat 0g	0%	
Cholesterol 79mg	26%	
Sodium 40mg	2%	
Total Carbohydrates 8g	3%	
Dietary Fiber 0g	0%	
Sugars 4g		
Protein 3g		
Vitamin A 2%	Vitamin C 0%	
Calcium 1%	Iron 3%	

Nutritional Descriptors: Low Sodium

Ice Cream
Dairy-Free Rum Raisin
 Net Carbs: 12g

Nutritional Facts		<p><i>Casein-Free</i></p> <p>Ingredients: coconut milk*, egg yolks*, WheyLow (all-natural low glycemic sweetener), rum, raisins*, vanilla, salt (*indicates organic)</p> <p><i>WheyLow is not known to cause any milk allergy reactions.</i></p>
Serving Size 1/2 cup		
Servings per container: 4		
Amount Per Serving		
Calories 203	Calories from Fat 121	
	% Daily Value	
Total Fat 13g	20%	
Saturated Fat 10g	46%	
Trans Fat 0g	0%	
Cholesterol 79mg	26%	
Sodium 42mg	2%	
Total Carbohydrates 13g	4%	
Dietary Fiber 1g	2%	
Sugars 4g		
Protein 3g		
Vitamin A 2%	Vitamin C 1%	
Calcium 1%	Iron 4%	

Nutritional Descriptors: Low Sodium

Ice Cream
Dairy-Free Strawberry
 Net Carbs: 9g

Nutritional Facts		<p><i>Casein-Free</i></p> <p>Ingredients: coconut milk*, egg yolks*, WheyLow (all-natural low glycemic sweetener), strawberries*, vanilla, salt (*indicates organic)</p> <p><i>WheyLow is not known to cause any milk allergy reactions.</i></p>
Serving Size 1/2 cup		
Servings per container: 4		
Amount Per Serving		
Calories 147	Calories from Fat 97	
	% Daily Value	
Total Fat 11g	16%	
Saturated Fat 8g	37%	
Trans Fat 0g	0%	
Cholesterol 63mg	21%	
Sodium 32mg	1%	
Total Carbohydrates 10g	3%	
Dietary Fiber 1g	2%	
Sugars 4g		
Protein 3g		
Vitamin A 2%	Vitamin C 23%	
Calcium 1%	Iron 4%	

Nutritional Descriptors: Very Low Sodium

Ice Cream
Dairy-Free Cookies & Cream
 Net Carbs: 10g

Nutritional Facts		<p><i>Casein-Free</i></p> <p>Ingredients: coconut milk*, egg yolks*, WheyLow (all-natural low glycemic sweetener), vanilla, salt Cookies: Kinninnick KinniToos (Icing (icing sugar (may contain 2-3% corn starch), non-hydrogenated shortening (palm fruit and/or canola), vanilla, soy lecithin, salt), sugar, pea starch, potato starch, white rice flour, cocoa powder, h water, tapioca starch, glucose, pea protein, sodium carboxy methylcellulose, salt, pea fibre, vanilla, carmel colour, guar gum, inulin, sodium bicarbonate, ammonium bicarbonate) (*indicates organic)</p> <p><i>WheyLow is not known to cause any milk allergy reactions.</i></p>
Serving Size 1/2 cup		
Servings per container: 4		
Amount Per Serving		
Calories 164 Calories from Fat 108		
	% Daily Value	
Total Fat 12g	18%	
Saturated Fat 9g	39%	
Trans Fat 0g	0%	
Cholesterol 63mg	21%	
Sodium 57mg	2%	
Total Carbohydrates 11g	4%	
Dietary Fiber 1g	2%	
Sugars 5g		
Protein 3g		
Vitamin A 2%	Vitamin C 0%	
Calcium 1%	Iron 4%	

Nutritional Descriptors: Low Sodium

**Ice Cream
 Waffle Cone**
 Net Carbs: 9g

Nutritional Facts		<i>Casein-Free</i>
Serving Size 1 ea (14g) Servings per container: 1		
Amount Per Serving		
Calories 68 Calories from Fat 15		
	% Daily Value	
Total Fat 2g	3%	
Saturated Fat 0g	0%	
Trans Fat 0g	0%	
Cholesterol 42mg	14%	
Sodium 61mg	3%	
Total Carbohydrates 9g	3%	
Dietary Fiber 0g	0%	
Sugars 4g		
Protein 2g		
Vitamin A 1%	Vitamin C 0%	
Calcium 1%	Iron 2%	

Ingredients: GF flour mix (60% whole grain superfine rice flours, almonds, potato starch, tapioca starch, xanthan gum), WheyLow (low-glycemic all-natural sweetener), egg yolks*, ghee*, salt

WheyLow is not known to cause any milk allergy reactions.

Nutritional Descriptors: Low Sodium, Low Fat, Low Saturated Fat

Pie
Pie Crust
Net Carbs: 8g

Nutritional Facts		<i>Casein-Free</i> Ingredients: GF flour mix (60% whole grain superfine rice flours, almonds, potato starch, tapioca starch, xanthan gum), coconut flour, ghee* (casein & lactose free), palm oil*, salt, flaxseed (* organic when available)
Serving Size 1 slice Servings per container: 7		
Amount Per Serving		
Calories 144 Calories from Fat 85		
		% Daily Value
Total Fat 9g		14%
Saturated Fat 2g		10%
Trans Fat 0g		0%
Cholesterol 0mg		0%
Sodium 134mg		6%
Total Carbohydrates 12g		4%
Dietary Fiber 4g		17%
Sugars 1g		
Protein 3g		
Vitamin A 0%		Vitamin C 0%
Calcium 3%		Iron 3%

Nutritional Descriptors: Low Cholesterol, Low Sodium

Pie
Chocolate Truffle
 Net Carbs: 26g

Nutritional Facts		<i>Casein-Free</i>
Serving Size 1 slice Servings per container: 8		
Amount Per Serving		Ingredients: GF flour mix (60% whole grain superfine rice flours, almonds, potato starch, tapioca starch, xanthan gum), coconut milk*, WheyLow (natural low-glycemic sweetener), eggs*, Fair Trade chocolate chips (no soy lecithin), ghee (lactose and casein free), vanilla, salt, gelatine (* organic when available) <i>WheyLow is not known to cause any milk allergy reactions.</i>
Calories 368 Calories from Fat 200		
	% Daily Value	
Total Fat 22g	33%	
Saturated Fat 12g	55%	
Trans Fat 0g	0%	
Cholesterol 55mg	18%	
Sodium 213mg	9%	
Total Carbohydrates 30g	10%	
Dietary Fiber 4g	19%	
Sugars 15g		
Protein 7g		
Vitamin A 2%	Vitamin C 0%	
Calcium 5%	Iron 8%	

Nutritional Descriptors: Low Sodium

Pie
Pumpkin
 Net Carbs: 19g

Nutritional Facts		<i>Casein-Free</i>
Serving Size 1 slice Servings per container: 7		
Amount Per Serving		Ingredients: GF flour mix (60% whole grain superfine rice flours, almonds, potato starch, tapioca starch, xanthan gum), coconut milk*, pumpkin*, WheyLow (natural low-glycemic sweetener), eggs*, cinnamon*, cloves*, nutmeg*, cardamom*, allspice*, ginger*, salt (* organic when available) <i>WheyLow is not known to cause any milk allergy reactions.</i>
Calories 289 Calories from Fat 179		
	% Daily Value	
Total Fat 20g	30%	
Saturated Fat 10g	46%	
Trans Fat 0g	0%	
Cholesterol 52mg	17%	
Sodium 277mg	12%	
Total Carbohydrates 23g	8%	
Dietary Fiber 4g	19%	
Sugars 4g		
Protein 6g		
Vitamin A 17%	Vitamin C 8%	
Calcium 5%	Iron 8%	

Pie
Apple
 Net Carbs: 30g

Nutritional Facts		<p>Casein-Free, Egg-Free</p> <p>Ingredients: apples*, GF flour mix (60% whole grain superfine rice flours, almonds, potato starch, tapioca starch, xanthan gum), WheyLow (low glycemic sweetener), cinnamon*, ghee* (casein and lactose free), lemon juice*</p> <p>(* organic when available)</p> <p><i>WheyLow is not known to cause any milk allergy reactions.</i></p>
Serving Size 1 slice		
Servings per container: 8		
Amount Per Serving		
Calories 261	Calories from Fat 100	
	% Daily Value	
Total Fat 11g	17%	
Saturated Fat 3g	12%	
Trans Fat 0g	0%	
Cholesterol 0mg	0%	
Sodium 151mg	6%	
Total Carbohydrates 38g	13%	
Dietary Fiber 8g	36%	
Sugars 5g		
Protein 4g		
Vitamin A 1%	Vitamin C 15%	
Calcium 5%	Iron 7%	

Nutritional Descriptors: Low Cholesterol

Pie
Wild Blueberry
 Net Carbs: 41g

Nutritional Facts		<p>Casein-Free, Egg-Free</p> <p>Ingredients: wild blueberries, WheyLow (natural low-glycemic sweetener), GF flour mix (60% whole grain superfine rice flours, almonds, potato starch, tapioca starch, xanthan gum), ghee* (casein-free and lactose-free), palm oil*, flaxseed, gelatin, vanilla, salt</p> <p>(* organic when available)</p> <p><i>WheyLow is not known to cause any milk allergy reactions.</i></p>
Serving Size 1 slice		
Servings per container: 8		
Amount Per Serving		
Calories 326	Calories from Fat 105	
	% Daily Value	
Total Fat 12g	18%	
Saturated Fat 3g	12%	
Trans Fat 0g	0%	
Cholesterol 0mg	0%	
Sodium 222mg	9%	
Total Carbohydrates 52g	17%	
Dietary Fiber 11g	46%	
Sugars 5g		
Protein 6g		
Vitamin A 5%	Vitamin C 49%	
Calcium 5%	Iron 6%	

Nutritional Descriptors: Low Cholesterol

Pie
Strawberry Cream
 Net Carbs: 16g

Nutritional Facts		<p>Egg-Free Ingredients: Ingredients: strawberries*, cream*, GF flour mix (60% whole grain superfine rice flours, almonds, potato starch, tapioca starch, xanthan gum), coconut flour*, WheyLow (natural low-glycemic sweetener), ghee* (casein and lactose free), palm oil*, lemon juice*, gelatin, flax seeds*, sea salt</p> <p>(* organic when available)</p> <p><i>WheyLow is not known to cause any milk allergy reactions.</i></p>
Serving Size 1 slice		
Servings per container: 8		
Amount Per Serving		
Calories 294	Calories from Fat 177	
	% Daily Value	
Total Fat 20g	29%	
Saturated Fat 9g	40%	
Trans Fat 0g	0%	
Cholesterol 41mg	14%	
Sodium 143mg	6%	
Total Carbohydrates 21g	7%	
Dietary Fiber 5g	23%	
Sugars 5g		
Protein 10g		
Vitamin A 9%	Vitamin C 71%	
Calcium 6%	Iron 5%	

Mad Meals
Spaghetti and Meatballs
 Net Carbs: 39g

Nutritional Facts		<p><i>Casein-Free</i></p> <p>Ingredients: meatballs (MN grass-fed beef & pork, eggs*, almonds, coffee* (decaffeinated), onions*, evaporated cane juice*, sea salt, garlic*, nutmeg*, ginger*), brown rice fettucini, green beans*, tea cake (almonds, WheyLow (low-glycemic sweetener), ghee* (casein & lactose free), marinara sauce* (tomato sauce*, garlic*, italian herbs*, black pepper*), vanilla, baking soda, sea salt) (* organic when available)</p> <p><i>WheyLow is not known to cause any milk allergy reactions.</i></p>
Serving Size 1 entire meal		
Servings per container: 1		
Amount Per Serving		
Calories 548 Calories from Fat 268		
	% Daily Value	
Total Fat 30g	45%	
Saturated Fat 8g	38%	
Trans Fat 0g	0%	
Cholesterol 95mg	32%	
Sodium 419mg	17%	
Total Carbohydrates 46g	15%	
Dietary Fiber 7g	29%	
Sugars 5g		
Protein 24g		
Vitamin A 20%	Vitamin C 33%	
Calcium 10%	Iron 21%	

Mad Meals
Swedish Meatball
 Net Carbs: 23g

Nutritional Facts		<p><i>Casein-Free</i></p> <p>Ingredients: meatballs (MN grass-fed beef & pork, eggs*, almonds, coffee* (decaffeinated), onions*, evaporated cane juice*, sea salt, garlic*, nutmeg*, ginger*), red potatoes*, peas*, corn*, carrots*, green beans*, tea cake (almonds, WheyLow (low-glycemic sweetener), ghee* (casein & lactose free), vanilla, baking soda, sea salt) (* organic when available)</p> <p><i>WheyLow is not known to cause any milk allergy reactions.</i></p>
Serving Size 1 entire meal		
Servings per container: 1		
Amount Per Serving		
Calories 549 Calories from Fat 313		
	% Daily Value	
Total Fat 35g	52%	
Saturated Fat 10g	45%	
Trans Fat 0g	0%	
Cholesterol 132mg	44%	
Sodium 691mg	29%	
Total Carbohydrates 29g	10%	
Dietary Fiber 6g	27%	
Sugars 5g		
Protein 26g		
Vitamin A 39%	Vitamin C 27%	
Calcium 9%	Iron 26%	

Nutritional Descriptors: Very Low Sodium

Mad Meals
Beef Stroganoff
 Net Carbs: 45g

Nutritional Facts		<i>Casein-Free</i>
Serving Size 1 entire meal Servings per container: 1		
Amount Per Serving		
Calories 718 Calories from Fat 263		
	% Daily Value	
Total Fat 29g	44%	
Saturated Fat 7g	32%	
Trans Fat 0g	0%	
Cholesterol 80mg	27%	
Sodium 513mg	21%	
Total Carbohydrates 55g	29%	
Dietary Fiber 10g	48%	
Sugars 5g		
Protein 33g		
Vitamin A 7%	Vitamin C 25%	
Calcium 14%	Iron 45%	

Ingredients: sliced beef (MN grass-fed beef), brown rice fettucini, green beans*, tea cake (almonds, WheyLow (low-glycemic sweetener), ghee* (casein & lactose free), vanilla), stroganoff sauce* (Cream Tang (raw cashews*, citric acid, pectin, mineral salt*), white wine, onion*, garlic*, nutmeg*, basil*, black pepper*, sea salt*)
 (* organic when available)

WheyLow is not known to cause any milk allergy reactions.

Quiche
Asparagus Parmesan or Spinach
 Net Carbs: 6g

Nutritional Facts		<p>Ingredients: GF flour mix (60% whole grain superfine rice flours, almonds, potato starch, tapioca starch, xanthan gum),, cream*, eggs*, palm oil*, ghee* (casein-free, lactose-free), parmesan cheese, asparagus* or spinach*, salt, garlic</p> <p>(* organic when available)</p>
Serving Size 1 slice		
Servings per container: 4		
Amount Per Serving		
Calories 201	Calories from Fat 129	
	% Daily Value	
Total Fat 14g	22%	
Saturated Fat 7g	30%	
Trans Fat 0g	0%	
Cholesterol 128mg	43%	
Sodium 361mg	15%	
Total Carbohydrates 8g	3%	
Dietary Fiber 2g	8%	
Sugars 0g		
Protein 10g		
Vitamin A 9%	Vitamin C 1%	
Calcium 21%	Iron 4%	

Quiche
Italian Double Cheese
 Net Carbs: 6g

Nutritional Facts		<p>Ingredients: MWF GF flour blend (60% whole grain superfine rice flours, almonds, potato starch, tapioca starch, xanthan gum), eggs*, half/half*, cheddar cheese, parmesan cheese, garlic*, onion*, tomato*, Italian herbs*, palm oil*, ghee* (casein-free, lactose-free), salt, garlic</p> <p>(* organic when available)</p>
Serving Size 1 slice		
Servings per container: 4		
Amount Per Serving		
Calories 213	Calories from Fat 141	
	% Daily Value	
Total Fat 16g	23%	
Saturated Fat 7g	33%	
Trans Fat 0g	0%	
Cholesterol 133mg	44%	
Sodium 339mg	14%	
Total Carbohydrates 8g	3%	
Dietary Fiber 2g	8%	
Sugars 0g		
Protein 11g		
Vitamin A 9%	Vitamin C 1%	
Calcium 22%	Iron 4%	

Quiche
Lorraine
Net Carbs: 6g

Nutritional Facts	
Serving Size 1 slice	
Servings per container: 4	
Amount Per Serving	
Calories 217	Calories from Fat 150
	% Daily Value
Total Fat 17g	25%
Saturated Fat 8g	35%
Trans Fat 0g	0%
Cholesterol 135mg	45%
Sodium 260mg	11%
Total Carbohydrates 8g	3%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 9g	
Vitamin A 9%	Vitamin C 1%
Calcium 16%	Iron 4%

Ingredients: cream*, eggs*, cheddar cheese, no-nitrate local bacon, onion*, GF flour mix (60% whole grain superfine rice flours, almonds, potato starch, tapioca starch, xanthan gum), ghee*, palm oil*, garlic, nutmeg*, pepper, salt

(* organic when available)

Sauce
Marinara
Net Carbs: 4g

Nutritional Facts		<p><i>Casein-Free, Vegan</i></p> <p>Ingredients: tomatoes*, onion*, fennel*, oregano*, basil*, garlic*, bell peppers*, chilies*, marjoram*, parsley*, thyme*, natural citric acid* (* organic when available)</p>
Serving Size 2 oz		
Amount Per Serving		
Calories 18 Calories from Fat 0		
	% Daily Value	
Total Fat 0g	40%	
Saturated Fat 0g	0%	
Trans Fat 0g	0%	
Cholesterol 0mg	0%	
Sodium 274mg	11%	
Total Carbohydrates 5g	2%	
Dietary Fiber 1g	3%	
Sugars 1g		
Protein 1g		
Vitamin A 15%	Vitamin C 19%	
Calcium 2%	Iron 5%	

Nutritional Descriptors: Low Calorie, Low Fat, Low Saturated Fat, Low Cholesterol

Soup

Asian Chicken Peanut

Net Carbs: 12g

Nutritional Facts		<i>Casein-Free</i> Ingredients: chicken*, peanut butter*, brown rice*, ghee*, tamari*, onions*, chilis, fresh ginger, garlic* (* organic when available)
Serving Size 1 cup		
Servings per container: 1		
Amount Per Serving		
Calories 261	Calories from Fat 153	
	% Daily Value	
Total Fat 17g	26%	
Saturated Fat 3g	15%	
Trans Fat 0g	0%	
Cholesterol 20mg	7%	
Sodium 603mg	25%	
Total Carbohydrates 14g	5%	
Dietary Fiber 2g	10%	
Sugars 0g		
Protein 14g		
Vitamin A 2%	Vitamin C 41%	
Calcium 5%	Iron 8%	

Soup

Broccoli Cheese Chowder

Net Carbs: 8g

Nutritional Facts		<i>Vegetarian</i> Ingredients: broccoli, half & half, vegetable broth, cheddar cheese, MWF flour blend (60% whole grain superfine rice flours, almonds, potato starch, tapioca starch, xanthan gum), parmesan cheese, onion*, garlic*, ghee*, pepper*, sea salt, lemon juice* (* organic when available)
Serving Size 1 cup		
Servings per container: 1		
Amount Per Serving		
Calories 185	Calories from Fat 117	
	% Daily Value	
Total Fat 13g	20%	
Saturated Fat 8g	36%	
Trans Fat 0g	0%	
Cholesterol 40mg	13%	
Sodium 298mg	12%	
Total Carbohydrates 9g	3%	
Dietary Fiber 1g	5%	
Sugars 1g		
Protein 9g		
Vitamin A 17%	Vitamin C 45%	
Calcium 23%	Iron 3%	

Nutritional Descriptors: Low Cholesterol

Soup
Cheeseburger
 Net Carbs: 9g

Nutritional Facts	
Serving Size 1 cup	
Servings per container: 1	
Amount Per Serving	
Calories 216 Calories from Fat 122	
	% Daily Value
Total Fat 14g	20%
Saturated Fat 7g	31%
Trans Fat 0g	0%
Sodium 316mg	13%
Total Carbohydrates 10g	3%
Dietary Fiber 1g	6%
Sugars 0g	
Protein 12g	
Vitamin A 80%	Vitamin C 13%
Calcium 20%	Iron 5%

Ingredients: beef broth*, milk*, cheddar cheese, ground beef (local free-range), onions*, carrots*, celery*, potatoes*, GF flour (brown rice, almonds, potato starch, tapioca starch, xanthan gum) , ghee*, basil, parsley, garlic*, jalapenos, cane juice, salt, pepper (* organic when available)

Soup
Chicken Noodle
 Net Carbs: 9g

Nutritional Facts	
Serving Size 1 cup	
Servings per container: 1	
Amount Per Serving	
Calories 84 Calories from Fat 18	
	% Daily Value
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 14mg	5%
Sodium 282mg	12%
Total Carbohydrates 10g	3%
Dietary Fiber 1g	5%
Sugars 1g	
Protein 4g	
Vitamin A 14%	Vitamin C 3%
Calcium 3%	Iron 4%

Casein-Free

Ingredients: chicken*, noodles (brown rice), mixed vegetables* (corn, carrots, peas, green beans), ghee*, onions*, sage*, garlic*, salt, pepper (* organic when available)

Nutritional Descriptors: Low Cholesterol, Low Saturate Fat, Low Fat

Soup
Chicken Tortilla
 Net Carbs: 6g

Nutritional Facts		<i>Casein-Free</i> Ingredients: chicken*, kidney beans*, black beans*, onions*, mixed vegetables* (corn, beans, peas, carrot), garlic*, chilis*, ghee*, cane juice*, lime juice*, sea salt, cayenne*, turmeric*, cilantro*, cumin*, nutritional yeast, Fritos (whole corn, corn oil, and salt) (* organic when available)
Serving Size 1 cup		
Servings per container: 1		
Amount Per Serving		
Calories 90 Calories from Fat 21		
	% Daily Value	
Total Fat 2g	3%	
Saturated Fat 0g	0%	
Trans Fat 0g	0%	
Cholesterol 18mg	6%	
Sodium 760mg	32%	
Total Carbohydrates 9g	3%	
Dietary Fiber 3g	12%	
Sugars 1g		
Protein 6g		
Vitamin A 18%	Vitamin C 37%	
Calcium 5%	Iron 8%	

Nutritional Descriptors: Low Cholesterol, Low Saturate Fat, Low Fat

Soup
Chili
 Net Carbs: 11g

Nutritional Facts		<i>Casein-Free</i> Ingredients: tomato sauce*, beef (MN grass-fed), beef broth*, pinto beans*, onion*, celery*, fresh Anaheim pepper, chili powder*, WheyLow (casein-free, low glycemic sweetener), garlic*, oregano*, cumin*, cayenne* (* organic when available)
Serving Size 1 cup		
Servings per container: 1		
Amount Per Serving		
Calories 218 Calories from Fat 111		
	% Daily Value	
Total Fat 12g	19%	
Saturated Fat 5g	22%	
Trans Fat 0g	0%	
Cholesterol 43mg	14%	
Sodium 582mg	24%	
Total Carbohydrates 15g	5%	
Dietary Fiber 4g	16%	
Sugars 2g		
Protein 13g		
Vitamin A 39%	Vitamin C 64%	
Calcium 6%	Iron 18%	

Soup
Vichyssoise
 Net Carbs: 11g

Nutritional Facts		<i>Contains Dairy</i> Ingredients: chicken broth*, leeks*, red potato*, onion*, half & half*, sea salt, pepper*, garlic* (* organic when available)
Serving Size 1 cup		
Servings per container: 1		
Amount Per Serving		
Calories 78 Calories from Fat 16		
	% Daily Value	
Total Fat 2g	3%	
Saturated Fat 1g	4%	
Trans Fat 0g	0%	
Cholesterol 6mg	2%	
Sodium 156mg	7%	
Total Carbohydrates 12g	4%	
Dietary Fiber 1g	6%	
Sugars 0g		
Protein 2g		
Vitamin A 2%	Vitamin C 19%	
Calcium 5%	Iron 7%	

Nutritional Descriptors: Low Cholesterol, Low Saturate Fat, Low Fat

Soup
Kraut Dog
 Net Carbs: 3g

Nutritional Facts		<i>Casein-Free</i> Ingredients: beef broth*, sauerkraut (cabbage, salt), smokey pork franks* (no nitrites/nitrates, pork*, salt, evaporated cane juice*, celery juice*, lactic acid starter (not from milk), garlic*, pepper*), WheyLow (casein-free, low glycemic sweetener), fish sauce (anchovy extract, salt, pure cane sugar), red pepper*, thyme (* organic when available)
Serving Size 1 cup		
Servings per container: 1		
Amount Per Serving		
Calories 80 Calories from Fat 46		
	% Daily Value	
Total Fat 5g	8%	
Saturated Fat 2g	8%	
Trans Fat 0g	0%	
Cholesterol 17mg	6%	
Sodium 466mg	19%	
Total Carbohydrates 4g	1%	
Dietary Fiber 1g	4%	
Sugars 1g		
Protein 5g		
Vitamin A 2%	Vitamin C 9%	
Calcium 2%	Iron 3%	

Nutritional Descriptors: Low Cholesterol

Soup
Minestrone
 Net Carbs: 14g

Nutritional Facts		<i>Casein-Free, Vegetarian</i> Ingredients: vegetable broth*, tomatoes*, pinto and/or garbanzo beans*, carrots*, beans*, corn*, peas*, zucchini*, onions*, garlic*, peppers*, brown rice pasta, spinach*, GF herbs*, salt, nutritional yeast, WheyLow (* organic when available)
Serving Size 1 cup		
Servings per container: 1		
Amount Per Serving		
Calories 98 Calories from Fat 5		
	% Daily Value	
Total Fat 1g	1%	
Saturated Fat 0g	0%	
Trans Fat 0g	0%	
Cholesterol 0mg	0%	
Sodium 604mg	25%	
Total Carbohydrates 18g	6%	
Dietary Fiber 4g	17%	
Sugars 4g		
Protein 5g		
Vitamin A 33%	Vitamin C 31%	
Calcium 5%	Iron 9%	

Nutritional Descriptors: Low Cholesterol, Low Saturate Fat, Low Fat

Tea Cake
Banana Chocolate
 Net Carbs: 8g

Nutritional Facts		<i>Casein-Free</i> Ingredients: Almonds, eggs*, Whey Low® (natural low-glycemic sweetener), bananas*, ghee* (casein-free, lactose-free), dark chocolate* (cocoa*, evaporated cane juice*, cocoa butter*), vanilla, baking soda, and sea salt. (* organic when available)
Serving Size 1 teacake Servings per container: 1		
Amount Per Serving		<i>WheyLow is not known to cause any milk allergy reactions.</i>
Calories 164 Calories from Fat 98		
	% Daily Value	
Total Fat 11g	16%	
Saturated Fat 2g	7%	
Trans Fat 0g	0%	
Cholesterol 36mg	12%	
Sodium 144mg	6%	
Total Carbohydrates 11g	4%	
Dietary Fiber 3g	12%	
Sugars 5g		
Protein 5g		
Vitamin A 1%	Vitamin C 2%	
Calcium 6%	Iron 5%	

Nutritional Descriptors: Low Saturated Fat, Low Sodium

Tea Cake
Banana Cinnamon
 Net Carbs: 6g

Nutritional Facts		<i>Casein-Free</i> Ingredients: Almond, eggs*, Whey Low® (natural low-glycemic sweetener), bananas*, ghee* (casein-free, lactose-free), cinnamon*, vanilla, baking soda, and sea salt. (* organic when available)
Serving Size 1 teacake Servings per container: 1		
Amount Per Serving		<i>WheyLow is not known to cause any milk allergy reactions.</i>
Calories 144 Calories from Fat 90		
	% Daily Value	
Total Fat 10g	15%	
Saturated Fat 1g	5%	
Trans Fat 0g	0%	
Cholesterol 34mg	11%	
Sodium 136mg	6%	
Total Carbohydrates 9g	3%	
Dietary Fiber 3g	12%	
Sugars 2g		
Protein 5g		
Vitamin A 1%	Vitamin C 2%	
Calcium 5%	Iron 6%	

Nutritional Descriptors: Low Saturated Fat, Low Sodium

Tea Cake
Wild Blueberry
 Net Carbs: 4g

Nutritional Facts		Casein-Free
Serving Size 1 teacake Servings per container: 1		
Amount Per Serving		Ingredients: Almonds, eggs*, Whey Low® (natural low-glycemic sweetener), blueberries*, ghee* (casein-free, lactose-free), lemon juice*, cinnamon*, vanilla, nutmeg, baking soda, and sea salt. (* organic when available)
Calories 147 Calories from Fat 97		
	% Daily Value	<i>WheyLow is not known to cause any milk allergy reactions.</i>
Total Fat 11g	16%	
Saturated Fat 1g	5%	
Trans Fat 0g	0%	
Cholesterol 34mg	11%	
Sodium 119mg	5%	
Total Carbohydrates 7g	2%	
Dietary Fiber 3g	11%	
Sugars 3g		
Protein 5g		
Vitamin A 1%	Vitamin C 4%	
Calcium 6%	Iron 5%	

Nutritional Descriptors: Low Saturated Fat, Low Sodium

Tea Cake
Chocolate Cherry
 Net Carbs: 5g

Nutritional Facts		Casein-Free
Serving Size 1 teacake Servings per container: 1		
Amount Per Serving		Ingredients: Almonds, eggs*, Whey Low® (natural low-glycemic sweetener), tart cherries, cocoa*, coffee* (brewed with filtered water), ghee* (casein-free, lactose-free), vanilla, baking soda, and sea salt. (* organic when available)
Calories 138 Calories from Fat 89		
	% Daily Value	<i>WheyLow is not known to cause any milk allergy reactions.</i>
Total Fat 10g	15%	
Saturated Fat 1g	5%	
Trans Fat 0g	0%	
Cholesterol 25mg	8%	
Sodium 79mg	3%	
Total Carbohydrates 8g	3%	
Dietary Fiber 3g	12%	
Sugars 3g		
Protein 5g		
Vitamin A 1%	Vitamin C 1%	
Calcium 5%	Iron 6%	

Nutritional Descriptors: Low Sodium

Tea Cake
Cocoa Mocha
 Net Carbs: 5g

Nutritional Facts		<i>Casein-Free</i>
Serving Size 1 teacake Servings per container: 1		
Amount Per Serving		Ingredients: Almonds, eggs*, Whey Low® (natural low-glycemic sweetener), cocoa*, coffee* (brewed with filtered water), ghee* (casein-free, lactose-free), vanilla, baking soda, and sea salt. (* organic when available) <i>WheyLow is not known to cause any milk allergy reactions.</i>
Calories 138 Calories from Fat 89		
	% Daily Value	
Total Fat 10g	15%	
Saturated Fat 1g	5%	
Trans Fat 0g	0%	
Cholesterol 30mg	10%	
Sodium 103mg	4%	
Total Carbohydrates 8g	3%	
Dietary Fiber 3g	12%	
Sugars 4g		
Protein 5g		
Vitamin A 1%	Vitamin C 0%	
Calcium 5%	Iron 6%	

Nutritional Descriptors: Low Sodium

Tea Cake
Lemon Blueberry
 Net Carbs: 4g

Nutritional Facts		<i>Casein-Free</i>
Serving Size 1 teacake Servings per container: 1		
Amount Per Serving		Ingredients: Almonds, eggs*, blueberries, Whey Low® (natural low-glycemic sweetener), ghee* (casein-free, lactose-free), lemons*, baking soda, vanilla, and sea salt. (* organic when available) <i>WheyLow is not known to cause any milk allergy reactions.</i>
Calories 154 Calories from Fat 103		
	% Daily Value	
Total Fat 11g	17%	
Saturated Fat 1g	5%	
Trans Fat 0g	0%	
Cholesterol 34mg	11%	
Sodium 132mg	6%	
Total Carbohydrates 7g	2%	
Dietary Fiber 3g	12%	
Sugars 3g		
Protein 6g		
Vitamin A 1%	Vitamin C 7%	
Calcium 6%	Iron 5%	

Nutritional Descriptors: Low Sodium

Tea Cake
Lemon Poppyseed
 Net Carbs: 4g

Nutritional Facts		<i>Casein-Free</i>
Serving Size 1 teacake Servings per container: 1		
Amount Per Serving		Ingredients: Almonds, eggs*, Whey Low® (natural low-glycemic sweetener), ghee* (casein-free, lactose-free), lemons*, poppyseeds, vanilla, baking soda, and sea salt. (* organic when available) <i>WheyLow is not known to cause any milk allergy reactions.</i>
Calories 144 Calories from Fat 96		
	% Daily Value	
Total Fat 11g	16%	
Saturated Fat 1g	5%	
Trans Fat 0g	0%	
Cholesterol 35mg	12%	
Sodium 188mg	8%	
Total Carbohydrates 7g	2%	
Dietary Fiber 3g	12%	
Sugars 3g		
Protein 5g		
Vitamin A 1%	Vitamin C 13%	
Calcium 6%	Iron 6%	

Nutritional Descriptors: Low Sodium

Tea Cake
Orange Chocolate
 Net Carbs: 5g

Nutritional Facts		<i>Casein-Free</i>
Serving Size 1 teacake Servings per container: 1		
Amount Per Serving		Ingredients: Almonds, eggs*, Whey Low® (natural low-glycemic sweetener), ghee* (casein-free, lactose-free), oranges*, dark chocolate* (cocoa*, evaporated cane juice*, cocoa butter*), vanilla, baking soda, and sea salt. (* organic when available) <i>WheyLow is not known to cause any milk allergy reactions.</i>
Calories 125 Calories from Fat 80		
	% Daily Value	
Total Fat 9g	13%	
Saturated Fat 1g	6%	
Trans Fat 0g	0%	
Cholesterol 31mg	10%	
Sodium 91mg	4%	
Total Carbohydrates 7g	2%	
Dietary Fiber 2g	8%	
Sugars 4g		
Protein 4g		
Vitamin A 1%	Vitamin C 3%	
Calcium 4%	Iron 4%	

Tea Cake
Orange Cranberry
 Net Carbs: 5g

Nutritional Facts		<p><i>Casein-Free</i></p> <p>Ingredients: Almonds, eggs*, Whey Low® (natural low-glycemic sweetener), cranberries, oranges*, ghee* (casein-free, lactose-free), baking soda, vanilla, and sea salt. (* organic when available)</p> <p><i>WheyLow is not known to cause any milk allergy reactions.</i></p>
Serving Size 1 teacake		
Servings per container: 1		
Amount Per Serving		
Calories 136 Calories from Fat 89		
	% Daily Value	
Total Fat 10g	15%	
Saturated Fat 1g	4%	
Trans Fat 0g	0%	
Cholesterol 28mg	9%	
Sodium 109mg	5%	
Total Carbohydrates 7g	2%	
Dietary Fiber 2g	11%	
Sugars 2g		
Protein 5g		
Vitamin A 1%	Vitamin C 5%	
Calcium 5%	Iron 5%	

Nutritional Descriptors: Low Sodium, Low Saturated Fat

Tea Cake
Pecan Cocoa Mocha
 Net Carbs: 6g

Nutritional Facts		<p><i>Casein-Free</i></p> <p>Ingredients: Almonds, eggs*, Whey Low® (natural low-glycemic sweetener), pecans, cocoa*, coffee* (brewed with filtered water), ghee* (casein-free, lactose-free), vanilla, baking soda, and sea salt. (* organic when available)</p> <p><i>WheyLow is not known to cause any milk allergy reactions.</i></p>
Serving Size 1 teacake		
Servings per container: 1		
Amount Per Serving		
Calories 162 Calories from Fat 111		
	% Daily Value	
Total Fat 12g	18%	
Saturated Fat 1g	6%	
Trans Fat 0g	0%	
Cholesterol 30mg	10%	
Sodium 103mg	4%	
Total Carbohydrates 9g	3%	
Dietary Fiber 3g	14%	
Sugars 4g		
Protein 5g		
Vitamin A 1%	Vitamin C 0%	
Calcium 5%	Iron 7%	

Nutritional Descriptors: Low Sodium