









KETO I

CARB

GLUTEN-FREE

Description

Plant Based Keto Pizza Crusts 6g Net Carbs are delicious vegan, keto, gluten-free, paleo, grain-free and taste like your favourite thin crust pizza when baked!

Ingredients

Water, Blanched Almond Flour, Pumpkin Seed Protein Powder, Coconut Flour, Psyllium Husk, Olive Oil, Coconut Milk, Flax Meal, Chia Seed Meal, Apple Cider Vinegar, Paleo Baking Powder (Baking Soda, Cream of Tartar, Salt), Nutritional Yeast, Garlic Powder, Basil.



Keto, Paleo, Grain/Dairy/Gluten-free Foods

Nutrition Facts

Serving size 1/2 Crust (100g)

Amount Per Serving

Calories

300

Modally Value* Total Fat 18g 23% Saturated Fat 2g 10% Trans Fat 0g 0% Cholesterol 0mg 0% Sodium 310mg 13% Total Carbohydrate 15g 5% Dietary Fiber 12g 43% Total Sugars 1g 1ncludes 0g Added Sugars Includes 0g Added Sugars 0% Protein 12g 24% Vitamin D 0mcg 0% Calcium 117mg 8% Iron 2.16mg 10% Potassium 329mg 8%	Calones	300
Saturated Fat 2g 10% Trans Fat 0g 0% Cholesterol 0mg 0% Sodium 310mg 13% Total Carbohydrate 15g 5% Dietary Fiber 12g 43% Total Sugars 1g 1ncludes 0g Added Sugars Includes 0g Added Sugars 0% Protein 12g 24% Vitamin D 0mcg 0% Calcium 117mg 8% Iron 2.16mg 10%		% Daily Value*
Trans Fat 0g Cholesterol 0mg 0% Sodium 310mg 13% Total Carbohydrate 15g 5% Dietary Fiber 12g 43% Total Sugars 1g Includes 0g Includes 0g Added Sugars 0% Protein 12g 24% Vitamin D 0mcg 0% Calcium 117mg 8% Iron 2.16mg 10%	Total Fat 18g	23%
Cholesterol 0mg 0% Sodium 310mg 13% Total Carbohydrate 15g 5% Dietary Fiber 12g 43% Total Sugars 1g Includes 0g Added Sugars Includes 0g Added Sugars 0% Protein 12g 24% Vitamin D 0mcg 0% Calcium 117mg 8% Iron 2.16mg 10%	Saturated Fat 2g	10%
Sodium 310mg 13% Total Carbohydrate 15g 5% Dietary Fiber 12g 43% Total Sugars 1g Includes 0g Added Sugars 0% Protein 12g 24% Vitamin D 0mcg 0% Calcium 117mg 8% Iron 2.16mg 10%	Trans Fat 0g	
Total Carbohydrate 15g 5% Dietary Fiber 12g 43% Total Sugars 1g Includes 0g Added Sugars 0% Protein 12g 24% Vitamin D 0mcg 0% Calcium 117mg 8% Iron 2.16mg 10%	Cholesterol 0mg	0%
Dietary Fiber 12g 43% Total Sugars 1g Includes 0g Added Sugars 0% Protein 12g 24% Vitamin D 0mcg 0% Calcium 117mg 8% Iron 2.16mg 10%	Sodium 310mg	13%
Total Sugars 1g	Total Carbohydrate 15g	5%
Includes 0g Added Sugars 0% Protein 12g 24% Vitamin D 0mcg 0% Calcium 117mg 8% Iron 2.16mg 10%	Dietary Fiber 12g	43%
Protein 12g 24% Vitamin D 0mcg 0% Calcium 117mg 8% Iron 2.16mg 10%	Total Sugars 1g	
Vitamin D 0mcg 0% Calcium 117mg 8% Iron 2.16mg 10%	Includes 0g Added Sugars	0%
Calcium 117mg 8% Iron 2.16mg 10%	Protein 12g	24%
Calcium 117mg 8% Iron 2.16mg 10%	Vitamin D Omca	0%
Iron 2.16mg 10%		
	Calcium 117mg	8%
Potassium 329mg 8%	Iron 2.16mg	10%
	Potassium 329mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.











Plant Based - Keto Pizza Crusts



6g NET CARBS & 24g Fiber/crust



High Protein - 24g/crust