

Keto Flatbread

Nutrition Facts

Serving Size: 1 flatbread (45g)

Servings Per Container: 4

Amount Per Serving

Calories 190

Calories from Fat 110

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 11g **55%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 330mg **14%**

Potassium 45mg **1%**

Total Carbohydrate 16g **5%**

Dietary Fiber 12g **48%**

Sugars 1g

Other Carbohydrate 3g

Sugar Alcohol 0g

Protein 4g **8%**

Vitamin A 0%

Vitamin C 0%

Calcium 2%

Iron 15%

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