

TEST RECIPE

Delicious test recipe for Ketogenic clients

 5 minutes 20 minutes 15.9 portions

INGREDIENTS

- 1/4 cup, diced of cheese, colby (33 g)
- 1 cup of chicken, meatless (168 g) or 6 oz of chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled (170 g)
- 1/2 cup of spinach, cooked, boiled, drained, with salt (90 g)
- 2 tsps of seasoning mix, dry, taco, original (6 g)

COOKING METHOD

- 1° Combine all ingredients.
- 2° Bake at 350 degrees for 15 mins.
- 3° Serve and enjoy!

NUTRITIONAL INFORMATION

	PER 100 g	PER 4 PORTIONS (75 g)	% DRI
ENERGY	163 kcal	122 kcal	6 %
FAT	8 g	6 g	9 %
FATTY ACIDS, TOTAL SATURATED	3 g	2 g	11 %
CHOLESTEROL	40 mg	30 mg	10 %
SODIUM	512 mg	384 mg	16 %
CARBOHYDRATE	4 g	3 g	1 %
SUGARS	0 g	0 g	—
FIBER	2 g	1 g	6 %
PROTEIN	19 g	14 g	—