

Coconut Macaroons

Nutrition Facts

12 Servings Per Container

Serving Size

1 macaroon (16g)

Amount Per Serving

Calories 60

% Daily Value *

Total Fat 4.5g **6%**

Saturated Fat 4g **19%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 35mg **2%**

Total Carbohydrates 3g **1%**

Dietary Fiber 1g **4%**

Total Sugars <1g

Added Sugars 0g **0%**

Protein 1g

Vitamin D 0ug **0%**

Calcium 0mg **0%**

Iron 0.2mg **1%**

Potassium 50mg **1%**

* 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.

Ingredients: Egg White, Shredded Coconut Unsweetened, Erythritol (E968), Vanilla extract, Salt

Contains: Eggs, Nuts

HOW TO CALCULATE NET CARBS CARBS - FIBER - ALLULOSE OR SUGAR ALCOHOLS

Carbs	3g
Fiber	1g
Allulose	2g

**= 0G NET CARB PER MACAROON. WE WILL
ROUND UP TO .5G.**