

FLAWLESSY FIT CATERING CO.

DESSERT NUTRITION MENU

PALEO & KETO

- **PALEO CHOCOLATE CHIP COOKIES**

152 Calories Per Cookie

Total Fat 11g, Sat Fat 6g, Cholesterol 7mg, Sodium 57mg, Potassium 88g, Total Carbohydrates 12g, Dietary Fiber 2g, Natural Sugars 10g, Protein 2g

- **PALEO DOUBLE CHOCOLATE CHIP COOKIES**

138 Calories Per Cookie

Total Fat 10g, Sat Fat 7g, Cholesterol 9mg, Sodium 71mg, Potassium 230mg, Total Carbohydrates 15g, Dietary Fiber 2g, Natural Sugars 14g, Protein 2g

- **PALEO CHOCOLATE ALMOND BUTTER COOKIE CUPS**

122 Calories for Per Cookie

Total Fat 9g, Sat Fat 2g, Cholesterol 8mg, Sodium 19mg, Potassium 28mg, Total Carbohydrate 9g, Dietary Fiber 2g, Natural Sugars 7g, Protein 4g

- **PALEO LEMON CURD TARTLET COOKIES**

121 Calories for Per Cookie

Total Fat 9g, Sat Fat 4g, Cholesterol 12mg, Sodium 31mg, Potassium 70mg, Total Carbohydrates 8g, Dietary Fiber 1g, Natural Sugars 6g, Protein 2g

- **PALEO CHEWY LIME COCONUT COOKIES**

150 Calories Per Cookie

Total Fat 11g, Sat Fat 5g, Cholesterol 12mg, Sodium 48mg, Potassium 99mg, Total Carbohydrates 13g, Dietary Fiber 2g, Natural Sugars 8g, Protein 3g

- **PALEO CINNAMON SUGAR COOKIES (SNICKERDOODLES)**

149 Calories Per Cookie

Total Fat 11g, Sat Fat 5g, Cholesterol 0mg, Sodium 10mg, Potassium 113mg, Total Carbohydrates 10g, Dietary Fiber 2g, Natural Sugars 7g, Protein 3g

- **PALEO CHOCOLATE DIPPED CARDAMOM-ORANGE SHORTBREAD COOKIES**

161 CALORIES PER COOKIE

Total Fat 14g, Sat Fat 6g, Cholesterol 0mg, Sodium 37mg, Potassium 196mg, Total Carbohydrates 11g, Dietary Fiber 3g, Natural Sugars 8g, Protein 3g

- **PALEO FLORENTINES**

166 Calories Per Cookie

Total Fat 11g, Sat Fat 3g, Cholesterol 0mg, Sodium 99mg, Potassium 117mg, Total Carbohydrates 17g, Dietary Fiber 2g, Natural Sugars 13g, Protein 3g

- **PALEO CHOCOLATE BISCOTTI**

180 Calories Per Cookie

Total Fat 13g, Sat Fat 3g, Cholesterol 16mg, Sodium 55mg, Potassium 202mg, Total Carbohydrates 16g, Dietary Fiber 3g, Natural Sugars 11g, Protein 5g

- **PALEO BLUEBERRY MUFFINS W/ ALMOND STREUSEL**

193 Calories Per Cookie

Total Fat 13g, Sat Fat 5g, Cholesterol 0mg, Sodium 205mg, Potassium 131mg, Total Carbohydrates 16g, Dietary Fiber 2g, Natural Sugars 11g, Protein 4g

- **PALEO CINNAMON BANANA MUFFINS**

149 Calories Per Cookie

Total Fat 10g, Sat Fat 5g, Cholesterol 41mg, Sodium 54mg, Potassium 145mg, Total Carbohydrates 12g, Dietary Fiber 2g, Natural Sugars 8g, Protein 3g

- PALEO DOUBLE CHOCOLATE CHIP BROWNIES

156 Calories Per Bar

Total Fat 8g, Sat Fat 1g, Sodium 69mg, Potassium 211mg, Total Carbohydrate 19g, Dietary Fiber 4g, Natural Sugars 15g, Protein 4g

- PALEO SAMOA COOKIE BARS

230 Calories Per Bar

Total Fat 18g, Sat Fat 14g, Sodium 55mg, Potassium 224mg, Total Carbohydrates 18g, Dietary Fiber 4g, Natural Sugars 14g, Protein 1g

- PALEO BLUEBERRY LEMON CRUMB BARS

150 Total Calories Per Bar

Total Fat 9g, Sat Fat 3g, Sodium 30mg, Potassium 156mg, Total Carbohydrates 15g, Dietary Fiber 3g, Natural Sugars 11g, Protein 3g

- PALEO RASPBERRY-MANGO CRUMB BARS

151 Calories Per Bar

Total Fat 9g, Sat Fat 3g, Cholesterol 0mg, Sodium 29mg, Potassium 147g, Total Carbohydrates 15g, Dietary Fiber 4g, Natural Sugars 11g, Protein 3g

- PALEO ORANGE CARAMEL BLONDES

189 Calories Per Bar

Total Fat 17g, Sat Fat 12g, Cholesterol 12mg, Sodium 88mg, Potassium 166mg, Total Carbohydrates 7g, Dietary Fiber 1g, Natural Sugars 5g, Protein 3g

- PALEO PUMPKIN FUDGE BROWNIES

159 Calories for Per Bar

Total Fat 9g, Sat Fat 1g, Cholesterol 0mg, Sodium 70mg, Potassium 211mg, Total Carbohydrate 19g, Dietary Fiber 4g, Natural Sugars 15g, Protein 5g

- PALEO PUMPKIN COFFEECAKE

252 Calories for Per Bar

Total Fat 17g, Sat Fat 6g, Cholesterol 23mg, Sodium 91mg, Potassium 310mg, Total Carbohydrates 21g, Dietary Fiber 2g, Natural Sugars 17g, Protein 4g

- PALEO STRAWBERRY GRANOLA

209 Calories for 1 Serving Size- 3 per bag

Total Fat 16g, Sat Fat 6g, Sodium 46mg, Potassium 77mg, Total Carbohydrates 14g, Dietary Fiber 3g, Natural Sugars 7g, Protein 5g

- PALEO PEACH GRANOLA

234 Calories for 1 Serving Size- 3 per bag

Total Fat 19g, Sat Fat 6g, Sodium 45mg, Potassium 39mg, Total Carbohydrates 14g, Dietary Fiber 3g, Sugars 8g, Protein 4g

- **KETO DOUBLE
CHOCOLATE CHIP BROWNIES**

158 Calories Per Bar

Total Fat 13g, Sat Fat 4g, Sodium 98mg,
Potassium 63mg, Total Carbohydrate 17g,
Dietary Fiber 3g, Natural Sugars 4g, Dietary
Fiber 3g, Protein 7g

- **KETO BLUEBERRY LEMON
CHEESECAKE BARS**

169 Calories Per Bar

Total Fat 16g, Sat Fat 5g, Sodium 2mg,
Cholesterol 34mg, Potassium 56mg, Total
Carbohydrates 4g, Dietary Fiber 1g, Natural
Sugars 2g, Protein 3g

- **KETO MIXED BERRY
CHEESECAKE BARS**

180 Total Calories Per Bar

Total Fat 16g, Sat Fat 6g, Sodium 2mg,
Cholesterol 355mg, Potassium 56mg, Total
Carbohydrates 6g, Dietary Fiber 3g, Natural
Sugars 3g, Protein 3g

- **KETO CHOCOLATE
CHEESECAKE BARS**

208 Calories Per Bar

Total Fat 19g, Sat Fat 7g, Cholesterol
35mg, Sodium 2mg, Potassium 64g, Total
Carbohydrates 7g, Dietary Fiber 2g,
Natural Sugars 5g, Protein 3g

- **KETO LEMON BARS**

86 Calories Per Bar

Total Fat 8g, Sat Fat 4g, Cholesterol
86mg, Sodium 28mg, Potassium 26mg,
Total Carbohydrates 1g, Dietary Fiber 0g,
Natural Sugars 0g, Protein 3g

- **KETO CHOCOLATE CHIP COOKIE
BARS**

93 Calories for Per Cookie

Total Fat 8g, Sat Fat 2g, Cholesterol
12mg, Sodium 8mg, Potassium 58mg,
Total Carbohydrate 6g, Dietary Fiber 2g,
Natural Sugars 3g, Protein 3g

- **KETO DOUBLE CHOCOLATE
CHIP COOKIES**

88 Calories Per Cookie

Total Fat 7g, Sat Fat 2g, Cholesterol 25mg,
Sodium 48mg, Potassium 82mg, Total
Carbohydrates 4g, Dietary Fiber 1g, Natural
Sugars 2g, Protein 4g

- **KETO STRAWBERRY
GRANOLA**

187 Calories for 1 Serving Size- 3 per bag

Total Fat 16g, Sat Fat 6g, Sodium 46mg,
Potassium 76mg, Total Carbohydrates 7g,
Dietary Fiber 3g, Natural Sugars 2g, Protein
5g