



Nutritional values of the KetoMix flavors

Flavour: Pineapple

Ingredients:	chicory fibre, flavour, colour: beta-carotene, acidity regulator: citric acid, thickener: gum arabic, sweetener: sucralose, freeze-dried pineapple.	
Allergens:	The product may contain traces of: soy, egg, milk	
Nutrition data	per 100 g	per 1 serving (3 g)
Energy value	1096 kJ / 262 kcal	33 kJ / 8 kcal
Fats	1,1 g	0,03 g
of which saturated fatty acids	0,1 g	0 g
Carbs	32 g	1 g
of which sugars	11 g	0,3 g
Fibre	62 g	1,9 g
Protein	0,1 g	0 g
Salt	0,04 g	0 g

Flavour: Peanut

Ingredients:	soluble corn fibre, natural flavour, barley malt extract, sweetener: sucralose.	
	The product may contain traces of:	
Nutrition data	per 100 g	per 1 serving (3 g)
Energy value	1060 kJ / 253 kcal	32 kJ / 8 kcal
Fats	0,1 g	0 g
of which saturated fatty acids	0 g	0 g
Carbs	34 g	1,0 g
of which sugars	12 g	0,4 g
Fibre	58 g	1,7 g
Protein	0 g	0 g
Salt	0 g	0 g

Flavour: Banana

Ingredients:	soluble corn fibre, flavouring, thickener: gum arabic, colour: carotenes, sweetener: sucralose, freeze-dried banana.	
Allergens:	The product may contain traces of: soy, egg, milk	
Nutrition data	per 100 g	per 1 serving (3 g)
Energy value	1021 kJ / 244 kcal	31 kJ / 8 kcal
Fats	0,6 g	0 g
of which saturated fatty acids	0,05 g	0 g
Carbs	30 g	0,9 g
of which sugars	5,4 g	0,2 g
Fibre	59 g	1,8 g
Protein	0,2 g	0,1 g
Salt	0,2 g	0 g

Flavour: Caramel

Ingredients:	thickener: acacia gum, soluble corn fibre, flavouring, barley malt extract, sweetener: sucralose.	
Allergens:	The product may contain traces of:	
Nutrition data	per 100 g	per 1 serving (3 g)
Energy value	1028 kJ / 248 kcal	31 kJ / 7 kcal
Fats	0,1 g	0 g
of which saturated fatty acids	0,1 g	0 g
Carbs	35 g	1 g
of which sugars	23 g	0,7 g
Fibre	52 g	1,6 g
Protein	0,4 g	0 g
Salt	0,4 g	0 g

Flavour: Coconut

Ingredients:	soluble corn fibre, flavouring, sweetener: sucralose, coconut flour (1 %)	
Allergens:	The product may contain traces of:	
Nutrition data	per 100 g	per 1 serving (3 g)
Energy value	987 kJ / 236 kcal	30 kJ / 7 kcal
Fats	0,1 g	0 g
of which saturated fatty acids	0,1 g	0 g
Carbs	26 g	0,8 g
of which sugars	8,9 g	0,3 g
Fibre	66 g	2 g
Protein	0,2 g	0 g
Salt	0 g	0 g

Flavour: Tropisch

Ingredients:	chicory fibre, flavouring, thickener: gum arabic, colour: beta-carotene, acidity regulator: citric acid, sweetener: sucralose, freeze-dried pineapple	
Allergens:	The product may contain traces of: soy, egg, milk	
Nutrition data	per 100 g	per 1 serving (3 g)
Energy value	1046 kJ / 250 kcal	32 kJ / 8 kcal
Fats	1,1 g	0,03 g
of which saturated fatty acids	0,1 g	0 g
Carbs	27 g	0,8 g
of which sugars	15 g	0,5 g
Fibre	66 g	2 g
Protein	0,1 g	0 g
Salt	0,1 g	0 g

Flavour: Blueberry

Ingredients:	chicory fibre, thickener: acacia gum, beetroot extract, acidity regulator: citric acid, spirulina powder, sweetener: sucralose, freeze-dried blueberries	
Allergens:	The product may contain traces of: soy, egg, milk	
Nutrition data	per 100 g	per 1 serving (3 g)
Energy value	1065 kJ / 254 kcal	32 kJ / 8 kcal
Fats	0 g	0 g
of which saturated fatty acids	0 g	0 g
Carbs	31 g	1 g
of which sugars	7 g	0,2 g
Fibre	51 g	1,5 g
Protein	2,1 g	0,1 g
Salt	0,3 g	0,01 g

Flavour: Chocolate

Ingredients:	organic cocoa powder 50 %, natural flavour, soluble corn fibre, sweetener: sucralose	
Allergens:	The product may contain traces of:	
Nutrition data	per 100 g	per 1 serving (3 g)
Energy value	1264 kJ / 303 kcal	38 kJ / 9 kcal
Fats	6,0 g	0,2 g
of which saturated fatty acids	3,0 g	0,1 g
Carbs	32 g	1 g
of which sugars	20 g	0,6 g
Fibre	35 g	1,0 g
Protein	14 g	0,4 g
Salt	0 g	0 g

Flavour: Strawberry

Ingredients:	soluble corn fibre, natural flavour, beet, blackcurrant and apple concentrate; sweetener: sucralose	
Allergens:	The product may contain traces of:	
Nutrition data	per 100 g	per 1 serving (3 g)
Energy value	892 kJ / 213 kcal	27 kJ / 6 kcal
Fats	0 g	0 g
of which saturated fatty acids	0 g	0 g
Carbs	27 g	0,8 g
of which sugars	11 g	0,3 g
Fibre	52 g	1,6 g
Protein	0,1 g	0 g
Salt	0 g	0 g

Flavour: Coffee

Ingredients:	soluble corn fibre, instant decaffeinated coffee (5 %), flavouring, barley malt extract, sweetener: sucralose	
Allergens:	The product may contain traces of:	
Nutrition data	per 100 g	per 1 serving (3 g)
Energy value	929 kJ / 221 kcal	28 kJ / 7 kcal
Fats	0 g	0 g
of which saturated fatty acids	0 g	0 g
Carbs	25 g	0,8 g
of which sugars	7,5 g	0,2 g
Fibre	61 g	1,8 g
Protein	0,4 g	0 g
Salt	0,1 g	0 g

Flavour: Forest mix

Ingredients:	soluble corn fibre, flavouring, colour: beetroot, blackcurrant and apple concentrate, sweetener: sucralose	
Allergens:	The product may contain traces of:	
Nutrition data	per 100 g	per 1 serving (3 g)
Energy value	1051 kJ / 250 kcal	32 kJ / 8 kcal
Fats	0 g	0 g
of which saturated fatty acids	0 g	0 g
Carbs	33 g	1 g
of which sugars	11 g	0,3 g
Fibre	57 g	1,7 g
Protein	0,1 g	0 g
Salt	0 g	0 g

Flavour: Raspberry

Ingredients:	soluble corn fibre, natural flavour, thickener: acacia gum, beet, blackcurrant and apple concentrate; sweetener: sucralose	
Allergens:	The product may contain traces of:	
Nutrition data	per 100 g	per 1 serving (3 g)
Energy value	1065 kJ / 253 kcal	32 kJ / 8 kcal
Fats	0 g	0 g
of which saturated fatty acids	0 g	0 g
Carbs	34 g	1 g
of which sugars	16 g	0,5 g
Fibre	55 g	1,6 g
Protein	0,2 g	0 g
Salt	0,6 g	0 g

Flavour: Pistachios

Ingredients:	use the mixture to flavour cocktails and food (e.g. quark, yoghurt, porridge, baking mixes and custards/cremes). Add 0.5 - 1 teaspoon of powder (1.5 - 3 g) and stir.	
Allergens:	The product may contain traces of:	
Nutrition data	per 100 g	per 1 serving (3 g)
Energy value	1099 kJ / 262 kcal	33 kJ / 8 kcal
Fats	0 g	0 g
of which saturated fatty acids	0 g	0 g
Carbs	38 g	1,1 g
of which sugars	16 g	0,5 g
Fibre	53 g	1,6 g
Protein	0,4 g	0 g
Salt	0 g	0 g

Flavour: Vanilla

Ingredients:	use the mixture to flavour cocktails and food (e.g. quark, yoghurt, porridge, baking mixes and custards/cremes). Add 0.5 - 1 teaspoon of powder (1.5 - 3 g) and stir.	
Allergens:	The product may contain traces of:	
Nutrition data	per 100 g	per 1 serving (3 g)
Energy value	1003 kJ / 239 kcal	30 kJ / 7 kcal
Fats	0 g	0 g
of which saturated fatty acids	0 g	0 g
Carbs	30 g	0,9 g
of which sugars	7,6 g	0,9 g
Fibre	59 g	0,9 g
Protein	0 g	0 g
Salt	0 g	0 g