

product information

KETOVIE CAFÉ KWIK MIX

Friday, January 14, 2022



SKU 15201
 NET WEIGHT 680 g
 SERVING SIZE 28 g
 SERVINGS PER PACKAGE 24



ketogenic ratio

FOOD FOR SPECIAL MEDICAL PURPOSES (FSMP)

Kwik Mix is a 4:1 ketogenic ratio (fat:carbohydrate+protein) baking mix intended for the dietary management of intractable epilepsy and other conditions where a ketogenic diet is indicated, such as GLUT-1 deficiency syndrome or PDHD (pyruvate dehydrogenase deficiency).

IMPORTANT NOTICE

Must be administered under medical supervision only. Not suitable for use as a sole source of nourishment. For enteral use only. For individuals over 3 years of age.

DIRECTIONS FOR USE

Use as directed by Ketogenic Dietitian or healthcare provider. A quick to mix baking mix for the preparation of breads, pancakes, cookies and more for incorporating into the spectrum of ketogenic diets. Once open, reseal bag and store in refrigerator to preserve freshness for up to 6 months.

Waffles or pancakes (4:1 ratio) (makes a 112g serving):

28g Kwik Mix; 30g double cream; 37g egg, beaten well; 10g rapeseed oil; 7g water
 Heat griddle or waffle iron; grease with oil. Whisk all ingredients until blended and pour on hot greased pancake griddle or into a greased waffle iron. Cook pancakes on both sides until golden or bake waffles until golden brown.

Bread or rolls (4.3:1 ratio):

300g Kwik Mix; 30g arrowroot powder; 200g water; 12g fresh brewer's yeast
 Weigh Kwik Mix, yeast and arrowroot into a bowl. Mix, pouring the water slowly, until a smooth mixture is obtained. Divide the mixture into 5 loaves. Place in a container and cover with cling film. Let rise in a warm place for about 3 hours. Bake in a preheated oven at 200°C for about 45 minutes.

Rustic ring (4.3:1 ratio):

350g Kwik Mix; 160ml warm water; 60g lard; 60g extra virgin olive oil; 3.5g dried yeast; 2.5g bicarbonate of soda; 75g Italian salami; 75g Gouda, or Emmental cheese
 Mix the water, lard, oil, yeast and bicarbonate of soda with the Kwik Mix to form a dough, then add the cheese and salami. Place the mixture in a greased ring mold. Bake in a preheated oven at 180°C for about 60 minutes.

INGREDIENTS

Medium chain triglyceride oil, stabilizer (gum arabic), bulking agent (powdered cellulose), almonds (**tree nuts**), raw macadamia nuts (**tree nuts**), bulking agent (psyllium), stabilizer (cream of tartar), contains less than 2% of leavening agent (baking soda), salt, anti-caking agent (silicon dioxide), antioxidant (tocopherol-rich extract).

Contains tree nuts.

NUTRIENTS, per:

	28 g	100 g
Energy, kcal	142	507
Energy, kJ	594	2122
Total Fat, g	12	44
Saturated Fat, g	7.2	26
Trans Fat, g	0.1	0.3
Carbohydrate, g	1.6	5.8
Total Sugars, g	0.4	1.6
Fibre, g	10	36
Protein, g	1.4	5.1
Salt, g	0.45	1.6
Sodium, mg (mmol)	181 (7.9)	645 (28)
Calcium, mg (mmol)	44 (1.1)	158 (4.0)
Iron, mg	0.7	2.6



servicing suggestion

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