

GOOD. MADE GREAT.

Ketos
CHIPS

CHAKALAKA

LOW CARB | KETO | BANTING | **WHEAT FREE**
HIGH PROTEIN | HIGH OMEGA | VEGAN
SOY FREE | LACTOSE FREE | DIABETIC FRIENDLY
HEALTHY SNACK | GUILT FREE

MADE IN COCONUT OIL | **CONTAINS NUTS** | Net Carbs 4.6 g

**PROUDLY
SOUTH AFRICAN**



ALPINE
deli

80 g

Ketos

We are sisters with a great passion for healthy foods and a balanced lifestyle. Our handmade snacks tick all the boxes for you and your family. A guilt free snack is an important part of our diet, curbing our craving in-between meals, so enjoy our flavours everyday,

Nadia & Regina

NUTRITIONAL INFORMATION

	Per 100 g	Per single serving (80 g)
Energy (kJ)	2311	1849
Protein (g)	32.1	25.7
Carbohydrates (g)	17	13
of which total sugar (g)	0.9	0.7
Total Fat (g)	37.8	30.2
of which saturated fat (g)	26.8	21.4
of which trans fat (g)	0.0	0.0
of which monounsaturated fat (g)	5.4	4.3
of which polyunsaturated fat (g)	5.6	4.5
Dietary fibre# (g)	10.5	8.4
Total Sodium (mg)	16	13

AOAC 991.43

INGREDIENTS

Macadamia / almonds, sesame & sunflower seeds, oats, vital gluten, water, seasoning, coconut oil.

Allergens: Nuts, gluten, oats

**ONCE OPENED STORE IN
A COOL DRY PLACE.**

This product is handmade.
Size, shape and colour may vary.

ALPINE
deli

Produced in Cape Town, RSA

info@alpinedeli.co.za

Visit us on  

KETO

