



COCONUT PANCAKE LOW CARB

 1 portion

INGREDIENTS

- 15 grams of coconut flakes (desiccated)
- 20 grams of almond flour **or** 20 grams of coconut flour
- 1 large unit of egg, whole, raw, fresh (50 g)
- 10 grams of stevia or xylitol sweetener

COOKING METHOD

- 1º Combine all the ingredients in a bowl and mix. Place it in a hot skillet greased with coconut oil.
- 2º Cook on one side and then flip it over.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (95 g)	% DRI
ENERGY	310 kcal	294 kcal	15 %
PROTEIN	12 g	11 g	22 %
CARBOHYDRATE	14 g	13 g	5 %
SUGARS	1 g	1 g	1 %
FAT	21 g	20 g	28 %
FATTY ACIDS, TOTAL SATURATED	3 g	3 g	13 %
FIBER	6 g	5 g	22 %
SODIUM	97 mg	92 mg	4 %