

Keto Cannoli



Ingredients: ricotta, heavy whipping cream, almond flour, coconut oil, Monk fruit, eggs, vanilla extract, Lakanto Maple Syrup, konjac flour.

Nutrition

Calories 200

Fat 18.9g

Total Carbs 6g

Dietary Fiber .9g

Sugar Alcohols 3.1g

Protein 5.3g

Net Carbs 2.1g