

Keto Chicken Toscana

Ingredients: water, cauliflower, spinach, chicken, whipping cream, garlic, onions, crushed red pepper chili flakes, herbamare, black pepper, Himalayan salt.

Nutrition Facts

Per Serving (½ container)

Calories: 71

Fat: 2.9

Total Carbs 4g

Fiber 1.2

Protein 6.9g

Net Carbs 2.8g