

Keto Flax Bagels



Ingredients: mozzarella, cream cheese, almond flour, ground flax seed, egg, baking soda.

Nutrition Facts

Per Serving (1 bagel):

Calories: 219

Fat: 18g

Carbs: 5.6g

Fiber: 3.3g

Protein: 10.7g

Net Carbs: 2.3g