

KETOCAL[®] CHOCOLATE PUDDING



Full Batch: Calories 1400; Fat (g): 140; Protein (g): 7.09; Carbohydrates (g): 27.9; Fiber (g): 1.27

Per serving (27 grams): Calories 100; Fat(g): 10.0; Protein (g): 0.51; Carbohydrates (g): 1.99; Fiber (g): 0.09

INGREDIENTS



113 g
KetoCal[®] 4:1 LQ
Vanilla



90 g
Heavy whipping
cream



90 g
Oil

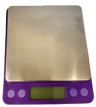


60 g
Water



34 g
JELL-O[®] Instant
Sugar-free Chocolate
pudding powder

DIRECTIONS



Measure and weigh ingredients separately on a gram scale.



In a medium bowl, add KetoCal[®] 4:1 LQ Vanilla, oil, and water. Whisk in JELL-O[®] sugar-free instant chocolate pudding powder. Whisk for 2 minutes.



Chill for 20 minutes in a refrigerator.



Divide into 14 portions weighing 27 grams.

Jell-O is a trademark of Kraft Foods Group Brands, LLC; The brand is not affiliated with Nutricia North America and has not endorsed the proposed use of their products in this recipe. Specific brand names are referenced to ensure consistent nutritional composition necessary to maintain the medical ketogenic diet.

©2024 Nutricia North America.

NUTRICIA

Brought to you by Nutricia North America
KetoCal[®] is a medical food for the dietary management of drug-resistant epilepsy
and is intended for use under medical supervision.