

Recipe Name	Total Carbs	Total Fiber	Sugar Alcohols	Net Carbs	Total Calories	Percent of Calories from Net Carbs	Total Protein	Percent of Calories from Protein	Total Fat	Percent of Calories from Fat
Breads (12)										
Almond-Orange Scones	17	3	10	4	220	7%	5	10%	20	83%
Basic Pancakes	15	4	6	5	336	6%	12	14%	29	77%
Blueberry Sour Cream Muffins	15	2	8	5	107	19%	4	16%	7	59%
Cauliflower Bread Sticks	2	1	0	1	76	5%	6	33%	5	59%
Cottage Cheese Dollar Pancakes	19	2	12	5	312	6%	19	25%	23	68%
Dried Fruit Scuffins	20	8	0	12	168	29%	4	9%	12	62%
Lemon Poppy Seed Muffins	8	1	5	2	146	5%	5	12%	13	83%
Nut & Seed Bread	8	4	0	4	258	6%	8	12%	23	81%
Sandwich Bread	11	9	0	2	336	2%	12	15%	30	80%
Savory Cheese Muffins	6	4	0	2	198	4%	7	15%	18	80%
Seed Crackers	12	8	0	4	250	6%	9	14%	21	74%
Zucchini Bread	24	6	12	6	415	6%	11	10%	39	84%

	Total Carbs	Total Fiber	Sugar Alcohols	Net Carbs	Total Calories	Percent of Calories from Net Carbs	Total Protein	Percent of Calories from Protein	Total Fat	Percent of Calories from Fat
Frosting & Glazes (5)										
Cannoli Cream Frosting	2	0	2	0	26	0%	1	11%	3	87%
Chocolate Ganache	6	1	5	0	76	0%	1	3%	6	73%
Cream Cheese Frosting	7	0	6	1	53	4%	1	5%	5	91%
Maple-Pecan Buttercream	4	0	3	1	76	4%	1	2%	8	94%
Two-Ingredient Sugar-Free Icing	3	0	0	3	107	11%	1	4%	10	85%

	Total Carbs	Total Fiber	Sugar Alcohols	Net Carbs	Total Calories	Percent of Calories from Net Carbs	Total Protein	Percent of Calories from Protein	Total Fat	Percent of Calories from Fat
Chocolates & Fat Bombs (10)										
Sweet Cream Truffles	26	1	21	4	382	4%	3	3%	37	87%
Salted Caramel Pecan Pralines	8	1	6	1	149	3%	1	3%	16	94%
Peanut Butter-Chocolate Bars	19	3	5	11	282	16%	7	10%	24	75%
Peanut Butter Bites	4	1	2	1	136	3%	3	8%	13	86%
Mint Chocolate Bars	18	2	13	3	247	5%	3	5%	22	79%
Milky Bears	5	0	4	1	62	6%	2	11%	5	77%
Milk Chocolate Truffles	12	1	9	2	184	4%	1	2%	16	76%
Coconut Fudge	8	1	3	4	130	12%	6	18%	10	70%
Chocolate-Cranberry Bark	6	1	4	1	105	4%	1	2%	10	82%
Almond Butter-Chocolate Bombs	4	1	2	1	137	3%	1	4%	13	88%

	Total Carbs	Total Fiber	Sugar Alcohols	Net Carbs	Total Calories	Percent of Calories from Net Carbs	Total Protein	Percent of Calories from Protein	Total Fat	Percent of Calories from Fat
Puddings & Pies (20)										
High-Protein Chocolate Mousse	7	1	0	6	216	11%	12	20%	17	69%
French Silk Pudding	31	3	24	4	349	5%	6	7%	34	87%
Coconut Panna Cotta	6	0	4	2	98	8%	1	4%	9	81%
Coconut Pandan-Chia Seed Pudding	19	7	11	1	177	2%	5	11%	15	75%
Cardamom Custard	18	0	16	2	250	3%	5	8%	25	89%
Almond Phirni/Kheer	5	1	3	1	121	3%	2	8%	12	89%
High-Protein Jell-O® Mousse	4	0	0	4	142	11%	24	67%	3	18%
Key Lime Cheesecake	3	0	0	3	207	6%	4	8%	20	85%
Lemon Mousse	22	0	16	6	466	5%	6	4%	48	91%
Mixed Berry Crumble	23	5	12	6	167	14%	4	8%	13	72%

Mixed Berry Jam	1	1	1	0	5	0%	0	0%	0	36%
Mixed-Berry Custard	16	3	8	5	150	13%	5	13%	12	70%
Mocha Mousse	25	2	16	7	581	5%	8	5%	60	90%
Old-Fashioned Chocolate Pudding	22	2	16	4	273	6%	5	6%	27	88%
Peanut Butter Maple Mousse	12	1	6	5	272	7%	6	9%	24	80%
Pumpkin Pie Pudding	23	2	16	5	151	13%	4	10%	13	75%
Raspberries & Cream	8	2	3	3	175	7%	2	4%	16	82%
Two-Ingredient Cheesecake Mousse	5	0	0	5	430	5%	3	3%	43	91%
Vegan No-Cook Chocolate Pudding	42	2	36	4	78	21%	6	32%	4	47%
Vegan Pie Crust	5	2	2	1	141	3%	3	9%	14	87%

<i>Drinks, Ice Creams, & Ice Pops (13)</i>	Total Carbs	Total Fiber	Sugar Alcohols	Net Carbs	Total Calories	Percent of Calories from Net Carbs	Total Protein	Percent of Calories from Protein	Total Fat	Percent of Calories from Fat
Avocado Lime Ice Pops	13	3	8	2	167	5%	2	4%	15	82%
Banana Ice Cream	7	0	5	2	208	4%	2	4%	21	92%
Blueberry Ice Cream	12	1	6	5	213	9%	3	5%	20	84%
Cantaloupe Ice Pops	9	1	5	3	112	11%	2	7%	10	83%
Chocolate Fudge Ice Pops	7	2	4	1	56	7%	1	6%	5	82%
Coconut Pandan Popsicles	10	0	8	2	103	8%	1	3%	9	82%
Creamsicle Ice Pops	1	0	0	1	142	3%	2	5%	14	91%
Microwave Eggnog	8	0	6	2	124	6%	5	15%	11	79%
No-Cook Ice Cream	16	0	11	5	312	6%	4	6%	31	88%
Nutmeg Coffee Pops	8	0	6	2	78	10%	1	4%	7	80%
Spicy Mexican Hot Chocolate Mix	24	2	12	10	106	38%	5	19%	5	43%
Strawberries & Cream Ice Cream Bites	11	0	8	3	142	8%	2	5%	14	86%
Ultra-Rich Mexican Sipping Chocolate	18	4	9	5	353	6%	5	6%	33	85%

<i>Cakes, Cookies & Brownies (16)</i>	Total Carbs	Total Fiber	Sugar Alcohols	Net Carbs	Total Calories	Percent of Calories from Net Carbs	Total Protein	Percent of Calories from Protein	Total Fat	Percent of Calories from Fat
5-Ingredient Flourless Brownies	20	1	17	2	274	3%	4	6%	25	80%
Spanish Almendrados Cookies	9	2	5	2	107	7%	4	16%	9	76%
Almond Shortbread	15	2	12	1	147	3%	3	8%	14	85%
Almond-Coconut-Blueberry Cakelets	8	1	5	2	153	5%	4	10%	15	85%
Buttery Almond Pound Cake	25	3	18	4	326	5%	10	13%	30	83%
Carrot Cake	14	3	8	3	281	4%	7	9%	27	86%
Chocolate Chip Cookies	24	3	17	4	287	6%	5	7%	25	78%
Chocolate-Cheesecake Brownies	21	1	18	2	320	3%	6	7%	29	82%
Cinnamon Mug Cake	25	4	16	5	338	6%	15	17%	29	76%
Coconut Macaroons	7	1	4	2	78	10%	2	11%	7	76%
Cream Cheese Cookies	11	3	5	3	226	5%	6	10%	21	84%
Individual Chocolate Cakes with Cream Cf	18	2	13	3	315	4%	6	7%	31	88%
Lemon Ricotta Cheesecake	12	0	9	3	205	6%	6	12%	19	82%
Maple-Nut Blondies	19	3	12	4	297	5%	8	10%	28	85%
Peanut Butter Cake	16	2	12	2	155	5%	5	13%	13	75%
Spice Cookies	7	2	4	1	117	3%	4	13%	11	82%

